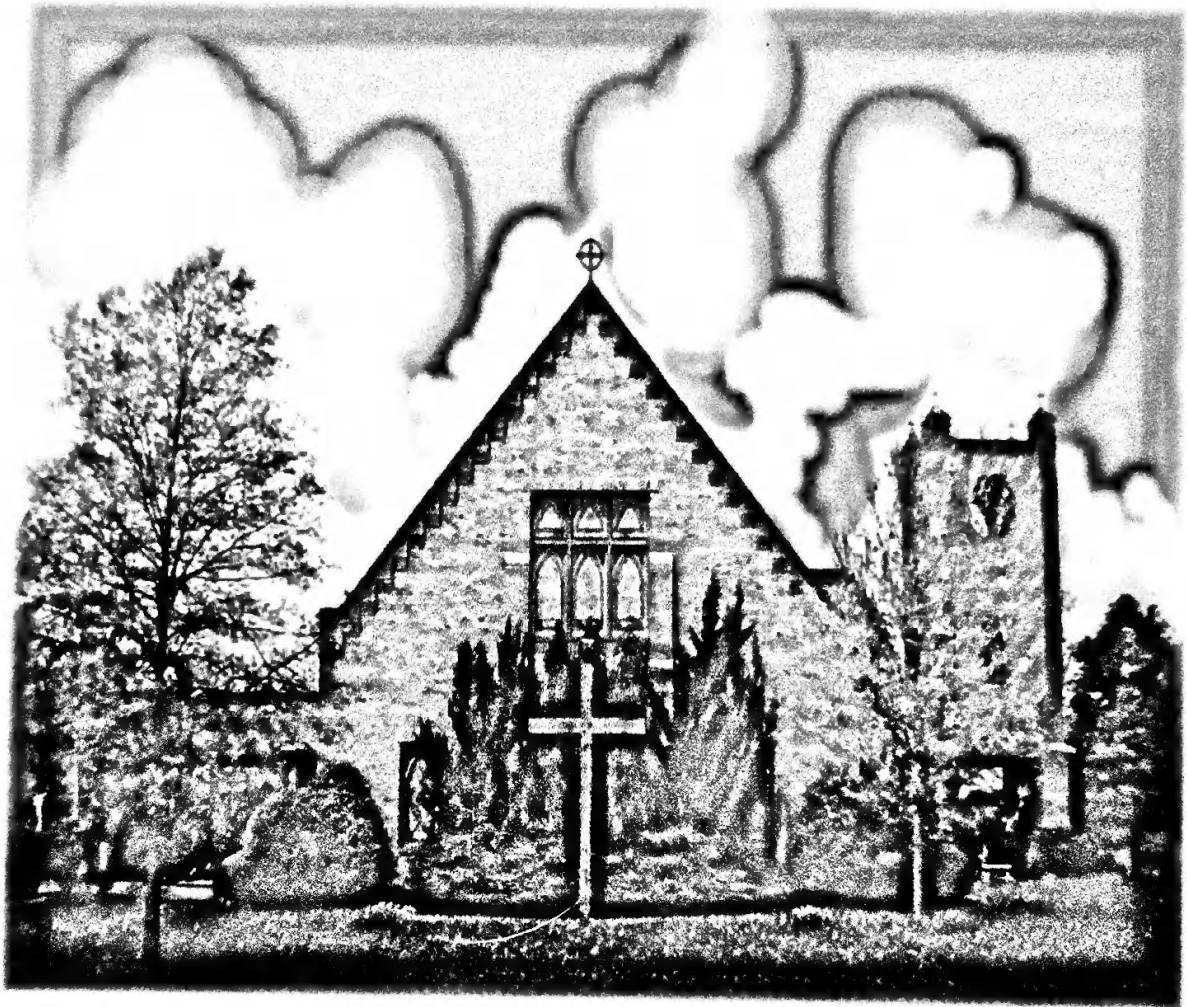
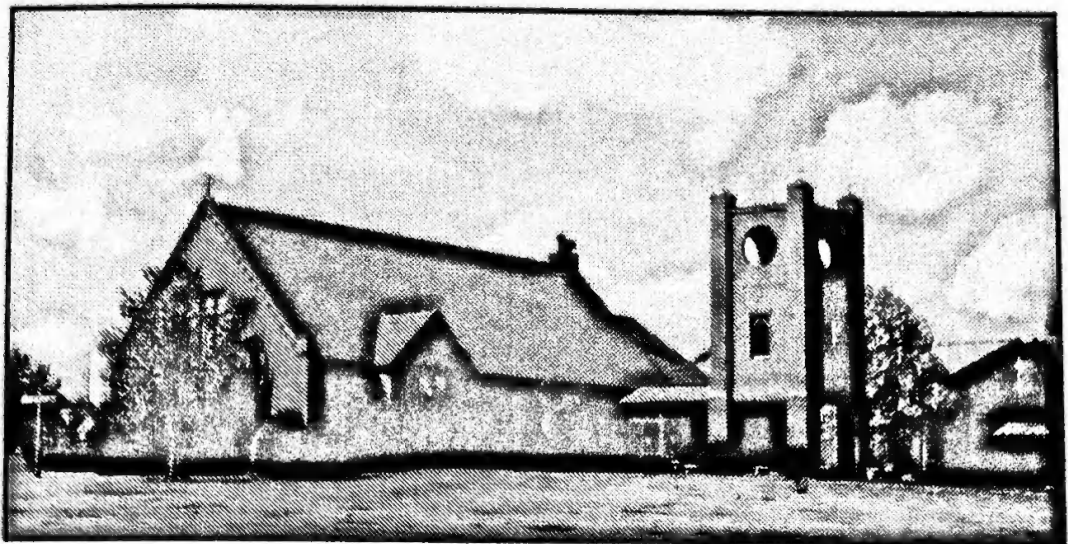


St. Timothy's
Episcopal Church Women



Taste and See
that the Lord is good....
Ps. 34:8



St. Timothy's Episcopal Church

**8245 Getwell Road
Southaven, Mississippi 38671
662-393-3100**

Extends a Cordial Welcome to All Services

Sunday

Solemn Holy Eucharist 8:30 AM

Christian Formation

for all ages 9:30 AM

Festive Holy Eucharist 10:30 AM

Wednesday

Healing Mass 6:00 PM

Nursery provided for services

**St. Timothy's Is an Inclusive, Vibrant,
Christian Community**

Father Andy Andrews, Rector

The Bell that Love and Compassion Rings

The most outstanding thing you see as you approach St. Timothy's Episcopal Church is the beautiful bell tower. Val Williamson, the original architect designed St. Timothy's with a traditional bell tower. With limited financing, the church was going to have to delete the tower from its plans. Sunny and Tom Gafford, long time members of St. Timothy's, donated the money for the bell tower. Sunny's life revealed strong dedication and compassion. As a child, she and her family fled the Red Army during the Russian Revolution. Vision, hope and love were built into her character. The bell tower reminds us of that.

The bell that rings out the good news each Sunday was donated by the Lamar family. It was a plantation bell loaned to the Lambert Methodist Episcopal Church in 1904 by Van Savage. This bell was also used as an alarm system for fires and storm warnings to the small community. The frame church was torn down in 1949 and a brick building replaced it. The bell was returned to Kathryn Lamar, daughter of Mr. Savage. In 1990, the bell was presented to us by Mrs. Lamar.

The Universal Church has often been called the Great Reminder. May the bell also remind us that there is still a time set aside for worship.

This cookbook contains recipes in memory of Sunny Gafford and Kathryn Lamar.

We'd like to express our gratitude to Percie Lamar for providing this wonderful information for our cookbook.

Table Grace

Bless us, O Lord, and these Thy gifts which we are about to receive through Thy bountiful hands. In Christ's name
... Amen.

**May the Peace that passes all understanding
be with you always.**

Barbara Jordan Johnson

Good People,

Beware! The recipes in this book will push you to prepare food that will touch your soul, expand your heart, delight your taste buds, probably increase your cholesterol level and ultimately help you better to know the goodness of the Lord. "Taste and see that the Lord is good," writes the Psalmist.

I am so impressed by the broad collection of recipes – some date back generations, some are grandmother's favorites, some cross cultures; all are dear to someone's heart. St. Timothy's knows how to cook. We also know how to eat! We seem to enjoy our food the best when it is in the company of friends in Christian fellowship and nurture.

On the night before Jesus died, He instituted the communal meal – a love feast of bread and wine – for His followers to remember Him and gain holy wisdom, grace, strength, compassion, courage and generosity. Most every time we gather at St. Timothy's, we hear the Bible read and break bread and share wine as guests of Jesus to celebrate in mission and ministry. Jesus is present with us whenever we share food with others in His name.

Thanks to the ECW, especially Barbara Jordan Johnson, who spearheaded this wonderful, tasty endeavor. Feast my friends, then go out and share the joy and healing ministry of Jesus with everyone.

Faithfully,

**Andy Andrews+
Rector**

Taste and See represents new, exciting and treasured recipes from our church family. In today's complex world, sharing a meal with family is a simple delight and the essence of life. Sharing a meal with good friends becomes a time treasured event that will long be remembered and savored. It's with joy that we bring you a culinary collection of recipes to represent the 21st century. We do not claim our recipes are original, only that they are our favorites.

It's with heartfelt appreciation that we acknowledge everyone involved with this cookbook. Our sincere thanks to our diligent and dedicated committee and recipe donors who have made *Taste and See* a reality. Your generous contribution of time and talent is immeasurable. A special thank you to Father Andy Andrews and the parish office staff for their loyal and ongoing support of this project.

Sincerely,

Barbara J. Johnson, Editor

Chairman

Barbara J. Johnson

Co-Chairman

Melanie Saffold

Telephone Committee

Ann King

Velma Creekmore

Darlene Carnell

Pam Detrick

JoAn Orfans

Proofreading Committee

Terri Shaw

Ginger Anglin

Pam Detrick

Caroline Lamar

Debbie Webb

Typists

Bobbie Lee Jarvis

Lynn J. Shettles

Sales

Michael S. Johnson

St. Timothy's Episcopal Church Women

The ECW endeavors to unite all women of the parish in religious, educational, community and social activities. We provide the care and maintenance of the altar area, to assist the Pastor with altar expenses. The proceeds of the sale of this cookbook will be designated to support our Outreach Program, the Samaritans, DeSoto House of Grace, Honduras Medical Mission, EYC scholarship and the construction of our new playground.

PresidentDarlene Carnell

Vice President Terri Shaw

Treasurer Sandra Jones

**You are the Salt of the Earth.
Come, Taste and See that the Lord is Good.**

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In Loving Memory



Heritage



Heart Healthy



Kids Recipes



Quick & Easy



APPETIZERS, **RELISHES** **PICKLES**

“**WHO SATISFIETH THY MOUTH WITH
 GOOD THINGS; SO THAT THY YOUTH
 IS RENEWED LIKE THE EAGLE’S.”**

PSALM 103:5



Appetizers

Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

Cut, raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- **green pepper jelly**
- **drained small shrimp and cocktail sauce**
- **chopped pickle or pickle relish**
- **a dash of worcestershire sauce and chives**
- **chopped chutney and a dash of curry powder**

Each of these combinations can be served with crackers, thin-sliced toast or chips.

Appetizers, Relishes & Pickles

ARTICHOKE DELIGHT

Debbie Williams
Executive Chef, Heaven

2 cans artichoke hearts
1 c. mayonnaise

1 c. Parmesan cheese

Drain artichoke hearts; cut in small pieces and mash. Mix mayonnaise and cheese; combine with artichoke hearts. Pour in 8 or 9-inch baking dish. Bake at 350° for 25 to 30 minutes until lightly browned and serve with crackers.

GUACAMOLE

Barbara Jordan Johnson

2 medium avocados, peeled
and pitted (reserve 1 pit)

2 Tbsp. fresh lime juice

1 garlic clove, minced

1/3 c. thinly sliced green onions

1/8 tsp. ground cumin

1 medium tomato, peeled and
chopped

salt and pepper to taste

In a small mixing bowl, using a fork, mash avocados with lime juice and garlic until smooth and creamy. Add remaining ingredients and combine well. Place the reserved pit in the center of guacamole and cover to prevent darkening. Remove pit before serving. This is best if served within 2 hours.

CELEBRATION DIP

Sandra Jones

2 cans black beans, drained
and rinsed

3 tomatoes, diced

6 green onions, diced

2 pkg. Good Seasons Italian
dressing mix

2 cans Green Giant Mexicorn,
drained

4 avocados, diced

1 red onion, diced

1/2 c. vinegar

Mix all ingredients together. Serve with Fritos Scoops.

MARVELOUS MEXICAN MESS

John M. Denton

1 can refried beans
1 container guacamole
1 c. sour cream
½ c. mayonnaise
1 taco seasoning packet
1 pkg. shredded Cheddar
cheese

1 pkg. shredded Colby/Jack
cheese
2 tomatoes, seeded and diced
1 bunch green onions,
chopped

On a very large round dish, spread the refried beans over the bottom of the dish, but not going all the way out to the edge. Spread the guacamole over the beans. In a bowl, mix the sour cream, mayonnaise and taco seasoning packet together and spread over the guacamole. Spread both cheeses evenly across the top, followed by the diced tomatoes and sliced green onions. Serve with Fritos Scoops.

CARAWAY DIP

Kris Dietrich

1 (8 oz.) block Neufchatel
(reduced-fat) cream cheese
2 Tbsp. Worcestershire sauce

1 tsp. caraway seeds
crackers

Place cheese on an attractive plate. Pour Worcestershire sauce over the cheese and sprinkle with whole caraway seeds. Serve with Melba toast rounds or good crackers and a knife for spreading.

QUICK CREAMY DIP

Jean Allison

2 (3 oz.) cream cheese,
softened
¼ Tbsp. milk
2 tsp. chives, chopped

¼ tsp. garlic salt
¼ tsp. onion salt
dash of paprika

Combine all ingredients, mixing well. Chill and serve with chips or crackers.

CILANTRO DIP

Anne Andrews

6 oz. Feta cheese
1 c. milk
8 oz. cream cheese

8 oz. can Mexican green
salsa
1 c. fresh cilantro
1 clove garlic

Cut Feta into cubes and soak in milk overnight. Drain Feta. Add other ingredients and put in food processor until smooth. Chill for 30 minutes and serve with chips or crackers.

KICK YOUR BUTT CON QUESO DIP

Jeff Detrick

1 ½ lb. ground chuck
chili powder to taste
garlic powder to taste
1 (32 oz.) pkg. Velveeta
cheese

1 (16 oz.) bottle salsa
Ranchera sauce
1 pkg. tortilla chips

In a 10-inch skillet, brown your meat with the chili powder (cover meat completely). Sprinkle a little garlic powder on the meat as well. While you are browning the meat, cut the block of cheese into cubes and insert them into a crock-pot. Start melting the cheese. When it is half-way melted, add the meat and the Ranchera sauce. Stir all of the ingredients together (except the tortilla chips) and stir occasionally for about 20 minutes. Makes 10 servings.

MINTIER GOAT CHEESE DIP

Dr. Rencai Mansel

24 oz. goat cheese
1 pt. heavy whipping cream
1 tsp. dried Italian seasoning
1 tsp. dried oregano
1 tsp. dried basil

2 (8 oz.) jars sun-dried
tomatoes (in oil)
6 cloves fresh garlic
salt and pepper

As goat cheese is usually found in 6 to 8 ounce rolls, the first step is to open several rolls and put approximately 24 ounces in a bowl. Add only enough heavy whipping cream to make the goat cheese smooth. Fat-free milk may be substituted here for a low-fat version. Add next 3 ingredients and mix well. Now, put Saran Wrap in a small bowl and put the goat cheese mixture in this bowl and place bowl in fridge. The Saran Wrap keeps the goat cheese from sticking to the bowl later and the mold will take the shape of the bowl you chose here. Next, put sun-dried tomatoes in a blender or small chopper, reserving oil for later use. Add 6 cloves of garlic and blend until mixed well and very finely chopped. Add oil from tomatoes as needed to keep moist and salt and pepper to taste. Once goat cheese has set or is firm (1 to 2 hours), remove bowl from the refrigerator. Turn bowl upside down on desired platter and gently remove from bowl. Remove Saran Wrap. Using a rubber spatula, press sun-dried tomato mixture onto outside of goat cheese. Serve with crackers or celery. Refrigerate leftovers.

MISSISSIPPI SIN

Dr. Barbara Jones, Sr. Warden
St. Timothy's Episcopal Church

1 loaf Hawaiian bread (hull out
and save lid)
1 (8 oz.) cream cheese
1 ½ c. sour cream
2 c. grated Cheddar cheese

1 c. chopped ham or 1 pkg.
sliced ham
1 small can chopped green
chilies
⅓ c. chopped green onions
4 dashes Tabasco sauce

Mix all ingredients together and put in bread. Put lid on and wrap in foil. Bake at 300° for 1 hour. Serve with corn chips.

PANCHO'S CHEESE DIP

Reynae Bennett

2 lb. Velveeta cheese
2 cans Ro-Tel
1 oz. water

1 tsp. black pepper
2 tsp. garlic powder
2 tsp. cumin

Cut cheese up in cubes and put in blender or food processor. Heat water and Ro-Tel to boiling. Mix cheese, Ro-Tel water and spices. Blend all in blender to make creamy. Can be served warm or chilled.

EGGPLANT DIP

Holly Gray

1/3 c. olive oil
3 c. eggplant, peeled and cubed
1/3 c. green pepper, chopped
1 onion, chopped
1 can mushrooms (4 oz.), sliced or 5 or 6 fresh mushrooms, sliced

1 can tomato paste (6 oz.)
2 Tbsp. wine vinegar
3/4 c. green olives, chopped
1 1/2 tsp. sugar
1/2 tsp. oregano
1 tsp. salt
1/2 tsp. pepper Tabasco sauce to taste

Heat oil. Add eggplant, green pepper, onion, mushrooms and garlic. Cover and cook 10 minutes. Stir. Add remaining ingredients; simmer 30 to 40 minutes. Serve hot with Fritos or crackers.

This is better if you make it a day ahead. Also may be served as a vegetable side dish.

FIESTA DIP

Melanie Saffold

- | | |
|---|--|
| 1 (10 ½ oz.) pkg. corn chips,
crushed | 3 (2 ¼ oz.) cans sliced ripe
olives |
| ¼ c. butter or margarine,
melted | 2 medium tomatoes, seeded
and chopped |
| 2 (16 oz.) cans refried beans | 2 (4.5 oz.) cans chopped
green chilies, drained |
| 1 (1 ¼ oz.) pkg. taco
seasoning mix | 1 (8 oz.) pkg. Monterey Jack
cheese with peppers,
shredded |
| 1 (6 oz.) container frozen
avocado dip, thawed | |
| 1 (8 oz.) container sour cream | |

Combine crushed corn chips and butter. Press onto bottom and 1-inch up sides of a lightly greased 9-inch spring-form pan. Bake at 350° for 10 minutes. Cool on a wire rack.

Combine refried beans and taco seasoning mix, stirring well. Spread over prepared crust. Layer avocado dip and next 5 ingredients over refried bean mixture; cover and chill 8 hours. Place on a serving plate and remove sides of spring-form pan. Serve with Fritos.

EASY DEVEILED HAM DIP

Lynn Walker

- | | |
|-------------------------------------|----------|
| 1 can deviled ham | crackers |
| 1 (8 oz.) pkg. soft cream
cheese | |

Blend deviled ham and cream cheese. Put in pretty bowl and serve with crackers or bagel chips.

CREAMY HUMMUS

Davi Ledet

$\frac{1}{4}$ c. water
 $\frac{1}{2}$ c. tahini (sesame seed paste
found in Mediterranean
groceries or health food
stores)
6 garlic cloves, peeled
6 Tbsp. fresh lemon juice

1 Tbsp. extra-virgin olive oil
1 tsp. ground cumin
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. black pepper
2 (19 oz.) cans chickpeas
(garbanzo beans), rinsed
and drained

Place first 3 ingredients in a food processor; process until smooth. Add juice and remaining ingredients; process until smooth, scraping sides occasionally.



MARINATED MUSHROOMS

Amanda Irby
Executive Chef, Heaven

3 c. fresh mushrooms
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ tsp. Accent
3 cloves garlic, crushed

$\frac{1}{2}$ tsp. oregano
 $\frac{1}{2}$ c. vinegar
 $\frac{1}{4}$ c. olive oil
1 large bottle Italian dressing

Combine spices, vinegar, oil and dressing in a saucepan. Bring to a full boil and pour immediately over the washed whole mushrooms. Marinate at least 3 days in a covered container in the refrigerator. Drain and serve.

MEXICAN SCOOP

Marianne Christian

2 cans bean dip
3 ripe avocados or guacamole
dip
1 bunch green onions
 $\frac{1}{2}$ c. mayo
1 pkg. taco seasoning mix

1 to 2 tomatoes
1 can black beans
1 c. sour cream
2 pkg. shredded Cheddar
cheese

Spread bean dip on large plate. Use guacamole dip (or mash avocados; add ½ teaspoon salt, ½ teaspoon pepper and 2 tablespoons lemon juice). Spread over bean dip. Mix sour cream, mayo and taco seasoning. Spread on avocado mixture. Chop black olives, tomatoes and onions. Sprinkle on top. Cover with shredded cheese. Serve with nacho chips.

TACO DIP

Ginger Anglin

- | | |
|-------------------------------|-----------------------------|
| 1 lb. lean ground beef | 2 Tbsp. mayonnaise |
| 1 onion, chopped | grated Colby Cheddar cheese |
| 1 can Armour chili with beans | shredded lettuce |
| 1 small jar hot taco sauce | chopped olives |
| 1 (8 oz.) sour cream | black olives |
| 1 pkg. taco seasoning | |

Brown together the ground beef and onion. Drain. Add the chili with beans and taco sauce (all of this may be frozen). Put all in the bottom of a 9 x 13 dish. Mix the sour cream with the taco seasoning and mayonnaise. Spread on top of the meat. Top with desired amount of cheese. Microwave or heat until bubbly. Remove and top last with lettuce, tomatoes and black olives. Serve with chips.

SPINACH ARTICHOKE DIP

Melanie Saffold

- | | |
|--|---|
| 1 c. grated Mozzarella cheese | 1 to 2 dashes Worcestershire sauce |
| 1 ½ c. sour cream | |
| 1 Tbsp. minced garlic | 1 (14 oz.) can artichoke hearts, drained and chopped |
| 1 to 2 tsp. onion powder | 1 (10 oz.) pkg. frozen spinach, thawed and well drained |
| seasoning salt and white pepper to taste | |

Combine cheese, sour cream, garlic and seasonings in a large bowl. Add the artichokes and spinach; stir well. Transfer to a baking dish and bake at 375° for 25 minutes

or until bubbling on all sides. Serve in a chafing dish with tortilla chips.

TENNESSEE TRASH

Lynn Shettles
Salvation Army, Memphis, TN

- | | |
|---------------------------------------|---------------------------------------|
| 1 can black-eyed peas,
drained | 1 can Ro-Tel tomatoes,
drained |
| 1 can Shoe Peg white corn,
drained | 1 or 4 finely chopped green
onions |
| 1 can diced tomatoes, drained | 1 (16 oz.) bottle Italian dressing |

Mix together and chill. The longer it sits in the fridge, the better. Serve with tortilla chips.

TEXAS CAVIAR

Holly Gray

- | | |
|--|-----------------------------------|
| 2 cans black beans, drained
and rinsed | chopped cilantro to taste |
| 2 cans white Shoepeg corn or
16 oz. pkg. frozen, drained | 2 tomatoes, chopped |
| 1 bunch green onions (use
green part only), chopped | 1 green pepper, chopped |
| | 1 bottle Italian dressing (large) |

Combine ingredients and chill overnight. Serve with Fritos Scoops or tortilla chips. Serves a crowd.

SPICY WHITE BEAN DIP

Barbara Dale

- | | |
|---|--|
| 3 Tbsp. olive oil | 1 Tbsp. chopped fresh
rosemary (I wash a branch
and cut small with scissors) |
| 1 small onion, chopped | |
| 4 garlic cloves, chopped | ½ tsp. sea salt |
| 1 (15 oz.) can navy or
garbanzo beans, drained
and rinsed | ½ tsp. ground red pepper |
| 2 to 3 Tbsp. lemon juice (the
juice of 1 lemon is best) | ½ tsp. crushed red pepper
flakes |

Heat oil in large skillet over medium-high heat. Add onion. Reduce to medium and sauté onion until tender. Add garlic and cook 1 minute more, stirring frequently so garlic doesn't burn. Remove skillet from heat and cool to room temperature. Scrape onion mixture into a blender or food processor. Add beans and remaining ingredients; puree until smooth. Keep refrigerated in an airtight container until ready to serve. Add whatever needed to taste.

BEER CHEESE SPREAD

Ruth Edgerton

12 oz. stale beer
2 cloves garlic, minced
½ medium onion, diced
1 tsp. Worcestershire sauce
¼ tsp. cayenne pepper

¼ tsp. Tabasco
salt to taste
2 lb. extra sharp cheese,
grated

To make stale beer, boil and cool. Mix all ingredients. Add beer until mixture is spreadable. Serve with tasty crackers. Fill 4 (8-ounce) crocks. Store in the refrigerator. Keeps for several weeks if it lasts that long.

BETTY'S CHEESE SPREAD

Kim Gibson
Father Andy's Sister

1 lb. sharp Cheddar cheese
1 lb. bacon, cooked and
crumbled
1 tsp. salt
12 or less green onions,
chopped

1 c. slivered almonds
2 c. mayonnaise
a little butter
crackers

Toast almonds with a little butter. Mix lightly. Serve with crackers.



THE ORIGINAL "HENRY'S" CHEESE SPREAD

Debbie Williams
Executive Chef, Heaven

1 $\frac{3}{4}$ lb. sharp American cheese
3 oz. beer
3 oz. dry white or red wine
juice of 2 lemons
4 tsp. horseradish
4 tsp. garlic powder

$\frac{1}{2}$ Tbsp. dry mustard
2 Tbsp. catsup
 $\frac{1}{2}$ Tbsp. Worcestershire sauce
1 Tbsp. Tabasco
yellow food coloring

Cut cheese into 1-inch cubes. Blend cheese, beer, wine, lemon juice, horseradish, garlic powder, mustard, catsup, Worcestershire sauce, Tabasco and food coloring in food processor to desired consistency. Chill and spread on crackers.

CHEESE RING WITH STRAWBERRY JAM

Jackie Mason

1 lb. sharp Cheddar cheese,
grated
1 c. chopped pecans
1 onion, finely chopped

1 c. mayonnaise
 $\frac{1}{2}$ tsp. Tabasco
1 c. strawberry jam

Mix everything but jam and put in a mold. Refrigerate overnight. Unmold onto platter and put ham in middle. Serve with crackers.

ENGLISH MUFFIN SPREAD

Loraine Atkey

1 c. black olives, chopped
 $\frac{1}{2}$ c. green onions, chopped
1 $\frac{1}{2}$ c. Cheddar cheese,
grated

$\frac{1}{2}$ c. mayonnaise
 $\frac{1}{2}$ tsp. curry powder
1 pkg. English muffins, sliced

Mix well. Place in airtight container in the refrigerator. When ready to use, spread on English muffins. Put under broiler for 3 to 5 minutes or heat in oven at 350° for 15 minutes.

EASY BUT ELEGANT LIVER PATÉ

Mike Johnson

Granny Johnson's Favorite

$\frac{3}{4}$ c. butter (reserve $\frac{1}{2}$ c.)

1 lb. chicken livers

8 oz. fresh mushrooms,
chopped

$\frac{1}{3}$ c. sliced green onions (with
tops)

1 tsp. salt

$\frac{2}{3}$ c. white wine

1 garlic clove, minced

$\frac{1}{2}$ tsp. dry mustard

$\frac{1}{8}$ tsp. rosemary

$\frac{1}{8}$ tsp. dill weed

8 oz. Neufchâtel cream
cheese, softened

1 tsp. parsley flakes

Melba toast rounds, cocktail
bread or crackers

Melt $\frac{1}{4}$ cup butter in skillet. Add chicken livers, mushrooms, onions and salt. Sauté over medium heat for 5 minutes. Add wine, garlic, mustard, rosemary and dill. Cook 5 to 10 minutes until liver is cooked and no longer pink and liquid is almost gone. Cool slightly and remove any membrane from chicken livers; discard. Scrape chicken liver and pan liquid into a blender or food processor. Process until smooth. Add reserved $\frac{1}{2}$ cup softened butter; process until smooth.

Line a 5 x 9-inch loaf pan or 2 to 3 (3 x 5-inch) loaf pans with plastic wrap, leaving wrap extended outside of pan. Pack liver mixture into pan. Wrap and chill 4 to 5 hours until firm. Remove from pan and transfer onto a serving plate. Frost with softened Neufchâtel cheese. Decorate frosting by using a fork to make a zigzag pattern on pâté and put a sprinkle of parsley down the center. Serve with Melba toast rounds, cocktail bread or crackers.

HOT PIZZA SPREAD

Melanie Saffold

1 1/2 oz. cream cheese, softened
1 1/2 tsp. Italian seasoning
1 c. shredded Mozzarella
cheese

1/2 c. shredded Parmesan
1 (15 oz.) can pizza sauce
2 Tbsp. sliced green onion
1/2 c. thinly sliced mushrooms

Preheat oven to 350°. In a small bowl, combine cream cheese and Italian seasoning; mix well. Spread in bottom of 8 x 11-inch baking dish. Combine Mozzarella and Parmesan cheeses. Sprinkle half of cheese mixture over cream cheese. Spread sauce over cheese. Top with remaining cheese, onion and mushrooms. Bake for 15 to 18 minutes or until bubbly. Spread on crackers.

TAPENADE

Anne Andrews

3 c. black kalamata olives,
pitted
8 cloves garlic, peeled
1/2 tsp. fresh black pepper
1/2 c. olive oil

5 anchovy fillets
1 Tbsp. capers
1 tsp. chopped fresh basil
1/2 tsp. fresh thyme or rosemary

Place all ingredients in a food processor and process to a rough puree. Serve on sliced French bread. Mixture will keep refrigerated for 1 month.

ASPARAGUS ROLL-UPS

Jacqueline Parmele
Executive Chef, Heaven

1/2 oz. cream cheese, softened
3 oz. Blue cheese, softened
(preferably Roquefort and
Gorgonzola)
20 to 23 slices white bread
(sandwich or square)

1 egg, beaten
1 (15 oz.) can asparagus,
drained
6 oz. (1 1/2 sticks) butter, melted

HOT PIZZA SPREAD

Melanie Saffold

16 oz. cream cheese, softened
1 ½ tsp. Italian seasoning
1 c. shredded Mozzarella
cheese

¾ c. shredded Parmesan
1 (8 oz.) can pizza sauce
2 Tbsp. sliced green onion
¼ c. thinly sliced mushrooms

Preheat oven to 350°. In a small bowl, combine cream cheese and Italian seasoning; mix well. Spread in bottom of 8 x 11-inch baking dish. Combine Mozzarella and Parmesan cheeses. Sprinkle half of cheese mixture over cream cheese. Spread sauce over cheese. Top with remaining cheese, onion and mushrooms. Bake for 15 to 18 minutes or until bubbly. Spread on crackers.

TAPENADE

Anne Andrews

3 c. black kalamata olives,
pitted
8 cloves garlic, peeled
¾ tsp. fresh black pepper
¼ c. olive oil

5 anchovy fillets
1 Tbsp. capers
1 tsp. chopped fresh basil
½ tsp. fresh thyme or rosemary

Place all ingredients in a food processor and process to a rough puree. Serve on sliced French bread. Mixture will keep refrigerated for 1 month.



ASPARAGUS ROLL-UPS

Jacqueline Parmele
Executive Chef, Heaven

8 oz. cream cheese, softened
3 oz. Blue cheese, softened
(preferably Roquefort and
Gorgonzola)
20 to 23 slices white bread
(sandwich or square)

1 egg, beaten
1 (15 oz.) can asparagus,
drained
6 oz. (1 ½ sticks) butter, melted

Blend two cheeses with beaten egg; set aside. Trim crusts from bread; roll flat with rolling pin (easier if you roll one slice at a time). Spread cheese mix over each slice. Place 1 spear of asparagus on each slice; if spears are too long, trim to fit bread and reserved trimmed pieces for additional slices. Roll up slices. Dip each "roll" in melted butter. Cut each roll into thirds. Bake in preheated oven at 400° for 10 to 15 minutes. Serve warm. Prep time: 1 ½ hours. Serves 60.

Note: Leftovers freeze well.

EASY ASPARAGUS ROLL-UPS

Marianne Christian

bread slices
1 to 2 Tbsp. mayo
8 oz. cream cheese

1 lb. bacon or bacon bits
1 can asparagus spears
melted margarine

Cut crusts off bread. Roll each slice of bread flat with rolling pin or glass. Mix softened cream cheese with the mayo (or enough to make it easy to spread). Fry and crumble the bacon or use bacon bits. Add to cream cheese mixture. Spread mixture on bread. Add asparagus spears. Roll the slice of bread up longway. Slice thin into pinwheels. Lay flat on pan. Brush with melted margarine. Bake at 400° until slightly brown.

CHEESE WRAPPED GRAPES

Janet Morgan
Executive Chef, Heaven

8 oz. cream cheese
8 oz. sharp Cheddar cheese,
shredded
½ c. butter
1 Tbsp. prepared mustard

½ tsp. Worcestershire sauce
1 bunch fresh seedless grapes
paprika
chopped pecans

Beat together the cream cheese, Cheddar cheese, butter, mustard and Worcestershire sauce. With damp hands, mold mixture around individual grapes. Roll

wrapped grapes in paprika, then in pecans. Chill. Makes approximately 50 grapes.

HOT CHEESE LOAF

Melanie Saffold

1 round loaf Hawaiian bread
2 c. grated sharp Cheddar cheese
1 ½ c. sour cream
6 to 8 green onions, chopped
1 Tbsp. Worcestershire sauce

1 small jar dried beef, chopped
1 (4 oz.) can diced green chilies
1 (2 oz.) jar pimento, drained
Tony's seasoning to taste

Slice off top of round loaf and hull out the bread into pieces, saving the top of the loaf. Combine all of the ingredients and fill the hollowed loaf. Put the sliced top back on the loaf of bread and cover with foil. Bake at 325° for 1 ½ hours. Serve with corn chips. Serves 8 to 10.

PIZZA MEAT LOAF CUPS

Pam Detrick

1 egg, beaten
½ c. pizza sauce
¼ c. seasoned bread crumbs
½ tsp. Italian seasoning
1 ½ lb. ground beef

1 ½ c. shredded Mozzarella cheese
additional pizza sauce (optional)

In a bowl, combine the egg, pizza sauce, bread crumbs and Italian seasoning. Crumble beef over mixture and mix well. Divide between 12 greased muffin cups; press onto bottom and up the sides. Fill center with cheese. Bake at 375° for 15 to 18 minutes or until meat is no longer pink. Serve immediately with additional pizza sauce if desired. Or cool, place in freezer bags and freeze for up to 3 months.

To use frozen pizza cups: Thaw in the refrigerator for 24 hours. Heat in microwave for 2 to 3 minutes or until heated through.

TEXAS TORTE

Melanie Saffold

2 eggs, beaten

2 Tbsp. flour

$\frac{1}{2}$ tsp. salt

$\frac{1}{3}$ c. milk

$\frac{1}{4}$ lb. Pepper Jack cheese,
grated

$\frac{1}{4}$ lb. Monterey Jack cheese,
grated

$\frac{1}{2}$ lb. sharp Cheddar cheese,
grated

1 (4 oz.) can chopped green
chillies

To eggs, add flour, salt and milk; beat well. Add remaining ingredients and mix well. Pour into a flat well-greased 8 x 12-inch Pyrex baking dish and bake at 350° for about 35 minutes. Cut into tiny squares and serve as a hot hors d'oeuvre.

PIZZA BREAD

Reynae Bennett

2 loaves frozen bread, thawed

■ Pillsbury French bread
loaves

1 lb. sausage

1 egg

$\frac{1}{2}$ c. Parmesan cheese

1 Tbsp. parsley flakes

2 c. Mozzarella cheese
spaghetti sauce (for dipping)

Brown and drain the sausage. Mix egg, $\frac{1}{4}$ cup Parmesan cheese and parsley flakes. Add sausage to mixture. Pull one loaf of bread into a rectangle. Put $\frac{1}{2}$ of the sausage mixture on the dough and sprinkle with 1 cup Mozzarella cheese. Roll jellyroll sealing the ends across the bottom. Repeat for the second loaf. Bake at 350° for 25 minutes. Slice and dip into warmed spaghetti sauce.

Hints: Rub outside of dough with Crisco or butter. Also good with pepperoni or ground beef.

Teenagers love this!

BACON CRACKER

Monica Murphy

Eugenia Tanner

1 box Club crackers

1 pkg. bacon (I used honey-
maple)

Cut bacon in half. Wrap bacon around cracker. Place on cookie sheets, as many as you can place. Bake at 200° to 225° for 1 ½ to 2 hours until bacon is done and crispy. Must cook at slow temperature to make them right. You cannot hurry them. When done, tilt one end of pan so all the bacon grease will run to other end and crackers can drain. Move all crackers to one end away from grease.

I always lay my bacon out to come to room temperature; it is easier to wrap around crackers.

ROAST BEEF PARTY SANDWICHES

Melanie Saffold

2 pkg. party rolls (small squares)
8 (12 oz.) cream cheese, softened

1 pkg. Hidden Valley Ranch dressing mix
1 lb. roast beef, sliced
1 lb. Swiss cheese, sliced
8 Tbsp. butter, melted

Mix together the cream cheese and the Ranch dressing mix. Slice the rolls in half and spread each side with the cream cheese mixture. Then layer in this order: deli roast beef, Swiss cheese and deli roast beef again. Place the top back on the rolls and baste the top with butter. Wrap securely in foil. Bake at 350° for 20 minutes. Cut in squares and serve hot.

LITTLE REUBENS

Terri Shaw

2 (8 oz.) ~~rolls~~ refrigerated crescent dinner rolls
1 c. Claussen sauerkraut, drained and patted dry

1 (16 oz.) pkg. Oscar Mayer little smokies
1 c. Kraft Thousand Island dressing
1 tsp. prepared horseradish

Preheat oven to 375°. Unroll dough into 16 triangles. Cut each triangle lengthwise into thirds. Place 1 tablespoon sauerkraut and 1 little smokie on wide end of each

triangle. Roll up. Place, point sides down, on ungreased baking sheet. Bake 12 minutes or until golden brown.

Mix Thousand Island dressing and horseradish. Serve as a dipping sauce with the appetizers.

These can be prepared ahead and baked as directed. Cool on wire rack. Wrap in heavy-duty foil; freeze. When ready to serve, preheat oven to 375°. Bake, unwrapped, 12 minutes or until heated through.

SOUTHWEST APPETIZER CHEESECAKE

Barbara Jordan Johnson

tortilla chips	1 (4 oz.) can chopped green chilies, well drained
2 Tbsp. margarine, melted	1 (8 oz.) container sour cream
1 c. cottage cheese	1 (8 oz.) container jalapeño Cheddar gourmet dip
3 (8 oz.) pkg. cream cheese, softened	1 c. chopped tomatoes
4 eggs	½ c. chopped green onions
2 ½ c. (10 oz.) shredded sharp natural Cheddar cheese	¼ c. sliced pitted ripe olives

Place tortilla chips in a large plastic food bag; seal. Finely crush chips with mallet or rolling pin to measure $\frac{2}{3}$ cup.

Preheat oven to 325°. Combine crushed chips and margarine; press onto bottom of 9-inch spring-form pan. Bake 15 minutes.

Meanwhile, process cottage cheese in food processor or blender until smooth. Beat cream cheese and cottage cheese in large bowl with an electric mixer at medium speed until well blended. Add eggs, one at a time, mixing well after each addition. Stir in Cheddar cheese and chilies. Pour mixture over baked crust. Return to oven; bake 60 minutes.

Combine sour cream and dip in small bowl; mix thoroughly. Remove cheesecake from oven and carefully pour sour cream mixture evenly over top. Return cheesecake to oven; bake 10 minutes more.

Remove cheesecake from oven. Let stand at room temperature to cool slightly. Loosen cake from rim of pan; cool completely before removing rim. Refrigerate

cheesecake until ready to serve. Just before serving, top with tomatoes, green onions and olives. Cut into wedges to serve. Makes 10 to 12 first-course servings.

PESTO AVOCADO TORTA

Dominick Montes
Executive Chef, Memphis, TN

Pesto:

1 c. fresh spinach	$\frac{1}{3}$ c. olive oil
$\frac{1}{2}$ c. fresh basil leaves	$\frac{1}{4}$ c. pine nuts
$\frac{1}{3}$ c. grated Parmesan cheese	1 garlic clove, crushed

Prepare pesto. Blend all ingredients in blender or food processor until smooth.

Cheese Mixture:

16 oz. cream cheese, softened	2 avocados
2 c. butter, softened	French bread

Line 9 x 5 x 3-inch loaf pan with foil. Beat cheese and butter together until smooth. Spoon about 1 $\frac{1}{2}$ cups cheese mixture in bottom of loaf pan. Spread evenly. Spread pesto over cheese layer. Spoon another 1 cup cheese mixture over pesto; spread evenly. Halve, seed and peel avocados. Cut each half into 8 slices. Do not pull apart. Lay sliced avocado halves on cheese layer and top with remaining cream cheese mixture. Cover and refrigerate 6 to 8 hours or overnight.

Thirty minutes before serving, lift torta from pan and remove foil. Serve with large slices of French bread.

CASHEW CHICKEN BALLS

Jean Allison

$\frac{1}{2}$ c. cooked chicken, finely diced	1 tsp. salt
$\frac{1}{2}$ c. mild sweet onion, finely chopped	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ c. sharp Cheddar cheese, shredded	2 Tbsp. dry sherry
	1 $\frac{1}{2}$ c. cashews, finely chopped

Combine all ingredients (except nuts). After mixing thoroughly, use a teaspoon to scoop out amount necessary to form balls. Roll balls in the nuts. Chill until ready for serving.

1 QUICK MEAT BALLS WITH SAUCE

Brooke Ferris
Executive Chef, Heaven

Meat Balls:

2 lb. lean ground meat
½ lb. sausage

**1 (6 oz.) pkg. Stove Top
dressing**
3 eggs

Mix all ingredients and shape into balls. Place on baking sheet. Bake at 350° for 30 minutes.

Meat Ball Sauce:

12 oz. chili sauce

10 oz. currant jelly

Heat chili sauce and jelly in saucepan. Pour over meat balls and serve with toothpicks.

SWEET AND SOUR BEEF BALLS

Eugenia Tanner

1 lb. ground beef
1 egg
4 Tbsp. cornstarch
1 tsp. salt
2 Tbsp. onion, finely chopped
few grains of pepper
1 Tbsp. oil
1 Tbsp. soy sauce
3 Tbsp. cider vinegar

5 Tbsp. water
½ c. sugar
1 can pineapple chunks
1 large green pepper
**1 can water chestnuts,
chopped finely**
½ jar maraschino cherries
1 c. pineapple juice

Mix beef, egg, 1 tablespoon cornstarch, salt, onion, pepper and water chestnuts. Form into small balls, 20 or more. Brown them in a small amount of oil. Drain. To 1 tablespoon oil, add pineapple juice and cook slowly for a

few minutes. Add mixture of 3 tablespoons cornstarch, soy sauce, vinegar, water and sugar. Cook until it thickens, stirring constantly. Add meat balls, chunks of pineapple, strips of green peppers and cherries, cut in half. Heat thoroughly. Serve hot with steamed rice.

SPINACH BALLS

Amanda Irby
Executive Chef, Heaven

2 pkg. frozen spinach
¾ c. oleo, melted
3 c. Pepperidge Farm stuffing
mix

1 c. Parmesan cheese
6 eggs
salt and pepper

Cook spinach in salted water. Squeeze out water until dry. Mix together with the oleo, stuffing, cheese, eggs, salt and pepper. Shape into 1-inch balls. Place on a cookie sheet and freeze. Cook straight from the freezer on an ungreased pan at 325° for 20 to 25 minutes. Do not brown.

PECAN-CHEESE BALL

Debbie Williams
Executive Chef, Heaven

1 (8 oz.) pkg. cream cheese
5 Tbsp. A.1. sauce
1 c. pecan crumbs

¼ tsp. garlic powder
a few drops Tabasco sauce
pecan pieces

Mix cream cheese, A.1. sauce, pecan crumbs, garlic powder and Tabasco together. Roll in pecan pieces and chill overnight.

CHEESIES

Annette Liner

3 sticks margarine
24 oz. sharp Cheddar cheese,
shredded
3 c. flour

1 ½ tsp. salt
¾ tsp. Tabasco sauce
½ c. crushed corn flakes

Cream margarine. Add shredded cheese and then work in the flour to which salt has been added. Add Tabasco and mix in corn flakes (mixture will be crumbly). Form into small balls and place on lightly greased cookie sheet. Bake at 350° about 15 to 20 minutes or until dry and lightly browned.

GRANNY'S CHEESE STRAWS

Mary Lynn Andrews

Written by Father Andy's Grandmother

1 c. margarine (room temperature)

12 oz. extra sharp Cheddar cheese, grated

2 c. flour

1/8 tsp. salt

1/2 tsp. cayenne or red pepper

Preheat oven to 350°. Cream margarine and cheese in mixer on medium-high speed for 5 minutes until very creamy. Sift flour, salt and cayenne and gradually add to the creamed mixture. Place dough on a cookie press and make long strips on a cookie sheet. Bake for 8 to 10 minutes. Remove from oven. With a table knife, cut into 3 to 4-inch "straws." When cool, remove from pan with a spatula. Store in an airtight container. Yield: 4 to 5 dozen.

CHEESE PUFFS

John M. Denton

1 loaf white bread

8 oz. cream cheese, softened

1 1/2 c. mayonnaise

1 tsp. garlic salt

1 tsp. Worcestershire sauce

You will also need a 1 1/2-inch cookie cutter or similar tool and a pastry bag with medium star tip.

With a 1 1/2-inch cookie cutter or other tool, cut out 2 rounds from every slice of bread. Toast the rounds on both sides under the broiler, being very careful not to burn the rounds.

In a bowl, mix the cream cheese with the garlic salt and Worcestershire sauce. Using a knife, spread the cheese mixture on one side of the toasted bread rounds. Arrange the toast rounds on a baking sheet.

Load a pastry bag (star tip) with the mayonnaise. Very carefully, squeeze a dollop of mayonnaise on each toast round, covering the cheese mixture, trying to leave a nice "point" on top.

Before serving, place Cheese Puffs in broiler for a few minutes to slightly brown the mayonnaise tops. Be careful not to broil too long or the mayonnaise will melt off. Serve immediately.

MUSHROOM APPETIZERS

Ginger Anglin

1 can (8) crescent refrigerated rolls

1 (3 oz.) pkg. cream cheese, softened

6 oz. fresh mushrooms, sauteed in butter and drained

seasoned salt
spicy mustard

Open can and leave dough in 2 long rectangles. Spread with cream cheese on each rectangle. Sprinkle with seasoned salt and spread mustard very lightly. Cover with mushrooms. Roll up from long edge to the top. Slice into about ½-inch pieces and bake at 350° for 10 minutes.

OLIVE-CHEESE TIDBITS

Annette Liner

1 stick butter

1 (5 oz.) glass English Cheddar cheese

1 ¼ c. flour

dash of salt

48 olives (medium size), drained and dried

Cut butter and cheese into flour. Add salt. Form into small balls. Form around olives and seal well. Let stand in the refrigerator overnight. Bake at 400° about 15 minutes or until brown. Yield: 48 balls.

HOLIDAY CRABMEAT DIP

Lynn Walker

- | | |
|---|--------------------|
| 1 can lump white crabmeat | parsley |
| 1 jar cocktail sauce | crackers of choice |
| 1 (8 oz.) container cream cheese (soft) | |

Spread cream cheese on serving platter 1/8-inch thick. Top with cocktail sauce. Top with crumbled crabmeat. Garnish with parsley. Serve with crackers of choice.

EASY CRAB ARTICHOKE DIP

Faith Calvert

- | | |
|------------------------------|---------------------------------------|
| 1/2 c. mayonnaise | 1 tsp. Worcestershire sauce |
| 1 can crab meat | salt and pepper to taste |
| 8 oz. cream cheese, softened | 1 jar artichokes, drained and chopped |
| 1 tsp. Louisiana hot sauce | |

Mix all ingredients in a small baking dish and bake at 350° for 25 to 30 minutes. Serve with corn chips or toasted pita bread slices.

SHERRY'S CRAB DIP

Sheri Turner

- | | |
|--|---------------------------|
| 8 oz. cream cheese | 1 small jar picante sauce |
| 1 regular can all white crab meat, drained very well | |

Mix together cream cheese and crab meat. Spread on serving dish. Top with picante sauce. Serve with Ritz or Club crackers.



OYSTERS ALVINO

Father Andy Andrews

(My Grandfather's Favorite Dish)

3 doz. fresh shucked oysters (in their liquor)

4 Tbsp. butter

$\frac{3}{4}$ c. olive salad (I make my own, but you can buy olive salad at most grocery stores)

2 lemons, thinly sliced

4 cloves garlic, sliced

salt and pepper

Heat oven to 375°. In baking dish large enough for the oysters to be in a single layer, cover the bottom of the dish with pats of butter and $\frac{3}{4}$ of the slices of lemon. Put in the oysters with their liquor. Spread garlic and olive salad across the top evenly. Add salt and pepper. Place remaining lemon slices on top. Bake at 375° for 12 to 15 minutes until oysters are firm. Serve with some good French bread.

ROLLED SALMON TORTILLAS

Kim Gibson

Father Andy's Sister

(Serves 4)

8 oz. cream cheese

$\frac{1}{2}$ c. mayonnaise

1 Tbsp. chopped parsley

2 tsp. dill weed

2 tsp. chopped fresh chives

$\frac{1}{2}$ tsp. seasoned salt

2 tsp. fresh lemon juice

freshly ground pepper to taste

2 (9 or 10-inch) flour tortillas (room temperature)

4 oz. smoked salmon, thinly sliced

1 to 2 ripe tomatoes (in 6 to 8 thin slices)

In food processor or blender, combine cream cheese, mayonnaise, parsley, dill weed, chives, seasoned salt, lemon juice and pepper. Blend well. Spread each tortilla thinly with mixture. Arrange salmon slice on half of each tortilla. Arrange 3 to 4 tomato slices in center of each tortilla. Roll tortillas tightly. Wrap in plastic wrap. Refrigerate 1 to 2 hours. Serve sliced diagonally.

JUMPING JACK JAMBALAYA

Melanie Saffold

1 ½ c. cooked peeled shrimp
(small)
½ lb. crawfish tails (frozen),
thawed and drained
1 ½ c. Bryan Cajun smoke
sausage
½ c. finely chopped green
onions

16 oz. (2 c.) sour cream (mix in
1 tsp. cornstarch to prevent
curdling)
2 tsp. Cajun seasoning
1 (8 oz.) pkg. cream cheese,
softened
½ c. finely chopped celery
2 c. shredded Monterey Jack
cheese

Cook the sausage in a pan and drain the grease. Reserve a small amount of the grease to sauté the celery and green onion just lightly. Chop the sausage finely, then combine with the other ingredients. At this point, recipe can be refrigerated for 2 to 3 days before heating and serving. Heat in a saucepan over low heat until cheese is melted. Stir frequently. Serve hot in chafing dish with corn chips.

SHRIMP DIP

Darlene Camell

2 pkg. Ranch buttermilk dry
salad dressing
1 (12 oz.) cottage cheese

1 c. mayo
2 cans shrimp, drained well

Mix all ingredients with a mixer and refrigerate overnight. Serve with Fritos or celery or any other vegetable.

MIMI'S PICKLED SHRIMP

Marianne Christian

4 Tbsp. horseradish mustard
2 Tbsp. catsup
1 Tbsp. paprika
5 large cloves garlic or garlic
powder

1 Tbsp. Worcestershire sauce
½ c. oil (olive oil is best)
salt to taste
¼ c. tarragon vinegar

Boil 2 pounds shrimp with shrimp or crab boil. (May boil or steam with Cajun seasoning.) Marinate overnight with sauce; may peel first.

COCKTAIL OF CAMARONES

Dominick Montes
Executive Chef, Memphis, TN

9 oz. cooked and peeled shrimp	dash of Tabasco sauce
4 fluid oz. mayonnaise	dash of paprika
2 Tbsp. half and half	lettuce
1 Tbsp. ketchup	onion
1 tsp. lemon juice	avocado
	cilantro

Drain the shrimp as well as possible. With a fork in a medium sized bowl, mix all ingredients to smooth pink sauce. Add shrimp to this bowl and mix well, coating them nicely with the sauce. Cover and chill until ready to serve. Finely shred the lettuce. Layer the bottom of a glass goblet (martini, Margarita, etc.) and arrange upon top the shrimp mixture. Add chopped onion, cilantro and avocado wedges. Serve immediately with salty crackers.

COCTELES DE CAMARONES

Chef Cigüëña
Mi Pueblos, Southaven, MS

12 cooked shrimp, peeled	juice of ½ lime
6 oz. ketchup	1 tsp. hot sauce
6 oz. pico de gallo	avocado, chopped

Combine and serve cold with crackers.

KEY WEST SHRIMP BOIL

Barbara Dale

2 ½ lb. shrimp (large)	2 Tbsp. Old Bay seasoning
2 cans beer (12 oz.; do not drink beer after boiling shrimp)	

Rinse shrimp and drain. Pour beer into a stainless steel pan and add seasoning. Bring beer to a boil and add shrimp. As soon as beer comes back to a boil, remove shrimp with slotted spoon. Serve with Key Lime Mustard Sauce.

Key Lime Mustard Sauce:

1 c. nonfat mayonnaise
5 Tbsp. Dijon mustard

$\frac{1}{3}$ c. Key lime juice
salt and pepper to taste

Combine in small bowl and taste. Add salt and pepper or more lime juice to taste.

DEVILED EGGS (NO RELISH)

Lynn Walker

6 hard-boiled eggs
1 Tbsp. honey mustard
1 tsp. pickle juice
 $\frac{1}{4}$ c. mayo
 $\frac{1}{8}$ tsp. salt

dash of pepper
 $\frac{1}{4}$ tsp. onion powder
real bacon bits
paprika

Slice hard-boiled eggs in half lengthwise. Remove yolks and place in bowl. Place whites on plate for later. Blend all ingredients with yolks until smooth. Taste for salt and pepper. Spoon mixture into eggs. Sprinkle with paprika and bacon bits.

MEXICAN DEVILED EGGS

Lottie L. Garner

6 hard-cooked eggs
 $\frac{1}{4}$ c. mayonnaise
2 Tbsp. pickled jalapeno slices,
minced
1 Tbsp. prepared mustard

$\frac{1}{4}$ tsp. ground cumin
 $\frac{1}{8}$ tsp. salt
chili powder and fresh parsley
(garnishes)

Cut eggs in half lengthwise and carefully remove yolks. Mash egg yolks in a small bowl. Stir in mayonnaise

and next 4 ingredients and blend well. Spoon or pipe yolk mixture evenly into egg white halves. Garnish if desired.

PECAN-STUFFED DEVILED EGGS

Lottie L. Garner

- | | |
|-------------------------------|-----------------------|
| 6 hard-cooked eggs | ½ tsp. dry mustard |
| ¼ c. mayonnaise | ⅛ tsp. salt |
| 1 tsp. grated onion | ⅓ c. pecans, coarsely |
| 1 tsp. white vinegar | chopped |
| ½ tsp. fresh parsley, chopped | |

Cut eggs in half lengthwise and carefully remove yolks. Mash yolks in a small bowl. Stir in mayonnaise and next 5 ingredients and blend well. Stir in pecans. Spoon or pipe yolk mixture evenly into egg white halves.

ARTICHOKE-TOMATO SALSA

Sandra Jones

- | | |
|--|---|
| 1 can artichoke hearts,
drained and chopped | 1 Tbsp. extra virgin olive oil |
| ¼ medium chopped red onion | 1 tsp. capers |
| ¼ c. chopped black olives | 1 can petite diced tomatoes |
| 2 Tbsp. Parmesan cheese,
grated | ⅛ tsp. crushed red pepper
(optional) |
| 1 Tbsp. dry Italian dressing mix | 2 Tbsp. chopped fresh parsley |

Combine the first 7 ingredients (through capers) in mixing bowl. Stir in tomatoes and crushed red pepper (if desired). Garnish with parsley and serve with pita chips.

BLACK BEAN AND CORN SALSA

Kendra Carbuccia

- | | |
|----------------------------|---------------------------|
| 1 (10 oz.) can black beans | 4 Tbsp. green bell pepper |
| 1 (10 oz.) can whole corn | 4 Tbsp. olive oil |
| 1 can original Ro-Tel | 2 Tbsp. chopped cilantro |
| 4 Tbsp. red onions | juice from ½ lime |
| 4 Tbsp. red bell pepper | salt and pepper to taste |

Drain the corn and black beans. Rinse the beans in a colander to remove extra juice. Add all the ingredients to a large bowl and mix. Chill for at least 2 hours.

For larger crowds, double the recipe. Serve with favorite chips or use as a salsa on grilled fish or chicken. Very Tasty!

HOT FLASH SALSA

Reynae Bennett

- | | |
|-------------------------------|------------------------------|
| 2 bunches cilantro | 1 jalapeno |
| juice of 1 lime | 1 (28 oz.) can tomatoes or 2 |
| 1 medium white or 1 small red | (14 oz.) cans |
| onion | 1 Tbsp. salt |
| 6 cloves garlic | |

Blend first 5 ingredients with juice of tomatoes and lime juice. Add tomatoes and salt; pulse in food processor. Chill in the refrigerator until served.

May use 1 can hot Ro-Tel and 1 (14 ounce) can of diced tomatoes in place of tomatoes and jalapenos.

MONTEREY JACK SALSA

Melanie Saffold

- | | |
|--|---|
| 1 can green chilies (4 oz.),
chopped | ¼ lb. Monterey jack cheese,
shredded |
| 1 can black olives (3 ¼ oz.),
chopped | 1 tomato, chopped |
| 4 green onions, chopped | ½ c. Italian salad dressing |
| | ¼ c. chopped fresh cilantro |
| | tortilla chips (for serving) |

Blend all ingredients and serve with tortilla chips. Best if made with garden fresh tomatoes.

SALSA FRESCA

Barbara Jordan Johnson

- | | |
|-------------------------------|---------------------------|
| 4 to 6 ripe tomatoes, chopped | 2 fresh jalapeño peppers, |
| 1 garlic clove, minced | seeded and chopped |
| 5 green onions, chopped | 1 tsp. fresh lime juice |
| 2 Tbsp. minced fresh cilantro | salt |

Combine all ingredients in a small bowl. Season to taste with salt. Allow to stand 1 hour and serve at room temperature.

WARM TOMATILLO SALSA

Father Andy Andrews

- | | |
|------------------------------|--|
| 15 ripe tomatillos | 1 red or yellow bell pepper,
chopped |
| 6 cloves garlic (whole) | 2 tsp. cumin |
| 4 Tbsp. butter | Tony Chachere seasoning and
crushed red pepper to taste |
| 1 small white onion, chopped | |
| juice of 1 lemon | |
| juice of 1 lime | |

Sauté on medium heat the whole tomatillos and whole garlic in butter until they start to soften and turn brown. Add onion and bell pepper. Cook for another 5 minutes. Pour sautéed mixture into food processor. Add lemon and lime juice and seasonings. Process until blended smooth. Serve warm with salty tortilla chips.

WATERMELON SALSA

Lottie L. Garner

- | | |
|--|--|
| 2 c. seeded finely diced
watermelon | 2 jalapenos, seeded and finely
diced |
| 1 Granny Smith apple, peeled
and finely diced | 1 bunch cilantro (leaves only),
chopped |
| 1 red onion, julienned | 2 Tbsp. sugar |
| 2 cloves garlic, minced | salt and pepper |
| 1 mango, peeled, pitted and
diced | juice of 2 limes |
| | splash of rice wine vinegar |

Combine in large bowl and toss, mixing well. Cover and chill 2 hours before serving.

JAPANESE PICKLED CAULIFLOWER

The Coca-Cola Company

1 medium cauliflower,
separated into flowerets,
washed and drained
1 green bell pepper, washed,
cored, seeded and cut into
2-inch strips
water (boiling)

$\frac{1}{2}$ c. celery, very thinly sliced
 $\frac{3}{4}$ c. Coca-Cola
5 Tbsp. wine vinegar or white
vinegar
 $\frac{1}{4}$ c. sugar
1 $\frac{1}{2}$ tsp. salt

In a large bowl, combine the cauliflower flowerets and bell pepper strips. Cover with boiling water. Let stand for 2 minutes; drain thoroughly. Add the celery.

In a small pan, heat the Coca-Cola, wine/white vinegar, sugar and salt. Pour over vegetables. Toss lightly with a fork and pack into 1-quart glass jars. Push down lightly so the liquid covers the vegetables. Cover and chill overnight. This keeps in the refrigerator for several days. Makes about 1 quart.

LAZY DAY OR REFRIGERATOR PICKLES

Barbara Jordan Johnson

6 c. sliced cucumbers (peeled
or not)
1 c. sliced onions
1 c. vinegar (5% on label)
 $\frac{1}{2}$ c. water

1 $\frac{1}{4}$ c. sugar
1 tsp. pickling salt
1 tsp. celery seed
 $\frac{1}{2}$ tsp. mustard seed
2 cloves garlic, crushed

In a large bowl, combine cucumbers and onions. Mix well. In a large saucepan, combine all remaining ingredients except garlic. Bring to a boil. Stir to dissolve sugar. Pour hot vinegar mixture over cucumber mixture and mix well. Place 1 garlic clove in each hot, sterilized quart jar or half a clove in a pint jar. Immediately fill jars with cucumbers and seal. Refrigerate 24 hours to meld flavors.

You can also prepare this in a crock and cover well to store in the refrigerator. Unlike most pickles, these are ready in 24 hours. Store, refrigerated, up to 2 months.

GREEN TOMATO PICKLES

Mary Jarvis

- | | |
|---------------------------------|------------------------------|
| 1 gal. green tomatoes | 1 Tbsp. crushed celery seeds |
| 6 large onions | 1 Tbsp. mustard seeds |
| ½ c. salt | 1 Tbsp. ground mustard |
| 1 Tbsp. whole black peppercorns | ½ lemon |
| 1 Tbsp. whole cloves | 3 pods red pepper |
| 1 Tbsp. whole allspice | 3 c. vinegar |
| | ¼ c. brown sugar |

Thinly slice tomatoes and onions. Sprinkle ½ cup salt over them and let stand overnight in a crock or enamel vessel. Next morning, freshen in cold water for 1 hour.

Tie the black pepper, cloves, allspice, celery seeds, mustard seeds and ground mustard in a cheesecloth bag. Slice the lemon and chop 2 pepper pods very fine. Drain tomatoes and onions well. Add all seasoning except 1 pepper pod to the vinegar and sugar, then add tomatoes and onions. Cook for 30 minutes, stirring gently at intervals to prevent burning. Remove spice bag. Pack in jars and garnish with slender strips of the red pepper, placing vertically in the side of jars halfway from top to bottom. Leave ½-inch headspace. Adjust lids. Process 15 minutes in boiling water. Remove jars; cool and store.

PICKLED OKRA

Peggy M. Walker, R.D.
Mississippi State University Ext. Office

- | | |
|----------------------------|-----------------------|
| 3 lb. okra (whole) | 1 ⅓ c. water |
| ½ hot red or green peppers | ½ c. salt |
| 6 garlic cloves | 1 Tbsp. mustard seeds |
| 1 qt. vinegar (5% acidity) | |

Wash okra. Trim stems; do not cut into pods. Pack okra into clean, hot pint jars. Add hot pepper and garlic clove to each jar. Bring remaining ingredients to a boil. Cover okra with hot liquid, filling to ½-inch from top. Adjust jar lids. Process 10 minutes in boiling water. (Start to count processing time as soon as water in canner returns to boiling.) Remove jars. Set jars upright on a wire rack or folded

towel to cool. Place them several inches apart. Yield: 6 pints.

PICKLED PEACHES

Barbara Jordan Johnson

3 qt. sugar
2 qt. vinegar (5% acidity)
7 (2-inch) pieces stick
cinnamon

2 Tbsp. cloves (whole)
16 lb. (about 11 qt.) peaches
(small or medium)

Combine sugar, vinegar, stick cinnamon and cloves. (Cloves may be put in a clean cloth, tied with a string and removed after cooking, if not desired in packed product.) Bring to a boil and let simmer, covered, about 30 minutes.

Wash peaches and remove skins; dip fruit in boiling water for 1 minute, then quickly in cold water for easy peeling. To prevent pared peaches from darkening during preparation, immediately put them into cold water containing 2 tablespoons each of salt and vinegar per gallon. Drain just before using.

Add peaches to the boiling syrup, enough for 2 to 3 quarts at a time, and heat for about 5 minutes. Pack hot peaches into clean, hot jars. Continue heating in syrup and packing peaches into jars. Add 1 piece of stick cinnamon and 2 to 3 whole cloves (if desired) to each jar. Cover peaches with boiling syrup to ½-inch of top of jar. Adjust jar lids. Process in boiling water for 20 minutes (start to count processing time after water in canner returns to boiling). Remove jars; set jars upright several inches apart on a wire rack to cool. Yield: 7 quarts.

SPICY EGGS

Barbara Jordan Johnson

1 ½ c. apple cider
1 c. white vinegar (5% acidity)
2 tsp. salt
1 tsp. pickling spice
1 garlic clove, peeled

½ onion, sliced
½ tsp. mustard seeds
1 doz. medium-sized
hard-cooked eggs, peeled

Combine all ingredients except eggs. Heat mixture to near boiling and simmer for 5 minutes. Place hard-boiled eggs in a quart jar. Pour hot mixture over eggs. Cover and refrigerate to season. Drain before serving. Allow 2 to 8 weeks for eggs to season. Store in the refrigerator. Yield: 1 quart.

ORANGE-CRANBERRY MARMALADE

Eugenia Tanner

1 c. fresh cranberries
 $\frac{2}{3}$ c. orange juice

2 tsp. orange peel
 $\frac{1}{2}$ c. sugar

In a 2-quart saucepan over high heat, place cranberries, orange juice, grated orange peel and sugar, bringing to a boil. Reduce heat to low. Cover and simmer until cranberries pop and mixture thickens slightly (about 20 minutes), stirring occasionally. Store in the refrigerator in heatproof jar. Makes 1 $\frac{1}{2}$ cups. Place in a cute antique jar tied with a ribbon.

--EXTRA RECIPES--



SOUPS, SALADS & SAUCES

“THEN THE LORD GOD TOOK THE MAN
AND PUT HIM INTO THE GARDEN OF
EDEN TO CULTIVATE IT AND KEEP IT.”

GENESIS 2:15



Salads

Salads can be a good source of vitamins, minerals, and fiber. Follow these suggestions when including salads as a part of your family's well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as raddichio, Boston, and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

Additions and Garnishes

Sliced Hard-Cooked Eggs - remove yolks which are high in cholesterol

Pimento

Radishes

Green Pepper

Chicken

Carrots

Celery

Tomatoes

Cooked Beets

Cauliflower

Broccoli

Tips For Tossed Salads

Wash greens, drain and dry well prior to storing.

Tear greens instead of cutting to avoid bruising with a knife.

Remove the waxy outer skin of cucumbers before slicing.

Marinate tomato wedges separately in a vinaigrette; then add to salad.

To core lettuce, smack head down hard on counter top. Then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain *no cholesterol!*

Soups, Salads & Sauces



CREAMED BUTTERNUT SQUASH AND APPLE SOUP

Jacqueline Parnelle
Executive Chef, Heaven

1 butternut squash (2 ½ lb.),
peeled and diced (use large
kitchen knife or kitchen saw)
¾ lb. Granny Smith apples,
peeled and diced
4 c. chicken broth

1 cinnamon stick or sprinkle
powdered cinnamon
1 c. half and half or whole milk
2 Tbsp. butter
2 Tbsp. maple syrup
pinch of nutmeg
pinch of ginger

Combine squash, apples, broth and cinnamon in a Dutch oven. Bring to a boil. Cover, reduce heat and simmer 20 to 30 minutes (or until squash is tender). Remove cinnamon stick. Put liquid into electric blender. Blend until smooth. Return liquid to Dutch oven; stir in half and half. Stir in remaining 4 ingredients. Serve hot. Yield: 8 cups.

CREAM OF BROCCOLI SOUP

Bob Gray

¼ c. butter
1 medium onion, diced
2 Tbsp. all-purpose flour
1 qt. 2% low-fat milk

1 bunch broccoli, coarsely
chopped
dash of dry sherry (optional)

In soup pot, melt butter and saute onion. Stir in flour and mix well. Gradually add milk, stirring until smooth. Cook over low heat, stirring occasionally until soup thickens. Add broccoli and simmer for 30 minutes. Just before serving, add dash of sherry to taste, if desired. Serves 6.

GINGER'S CABBAGE AND MEAT SOUP

SHONEY'S STYLE

Ginger Anglin

- | | |
|--|------------------------------------|
| 1 ½ to 2 lb. lean ground meat,
browned | 2 cans kidney beans
(undrained) |
| 1 medium cabbage, chopped | 2 cans water |
| 1 large onion, chopped | 2 Tbsp. Worcestershire sauce |
| 3 (15 oz.) cans diced tomatoes
in juice | 2 bay leaves |
| | 1 Tbsp. oregano |
| | salt and pepper |

Cook 6 to 8 hours in a crock-pot.

1 CAULIFLOWER-CURRY SOUP

Anne Jones Tutor
Executive Chef, Heaven

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|----------------------------|--------------------------|
| 3 c. cauliflower pieces | ½ tsp. curry powder |
| 1 large red potato | ½ tsp. ground ginger |
| 1 small onion | salt and pepper to taste |
| 1 ¼ c. chicken broth | 1 Tbsp. butter or oleo |
| ¾ c. half and half or milk | |

Quarter unpeeled potato; cook in salted water with cauliflower 5 minutes. Remove 1 cup cauliflower and set aside. Cook the rest until tender. Drain and peel the potato. Melt oleo and sauté onion until tender. Add the spices and cook 30 seconds. Purée the cooked vegetables with half and half and broth. Season to taste. Stir in the parcooked cauliflower.

1 CHEESY CHICKEN SOUP

Debbie Williams
Executive Chef, Heaven

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|---|------------------------|
| 4 chicken breasts | 3 potatoes, diced |
| 1 onion, chopped | 3 carrots, sliced thin |
| 2 ribs celery, chopped | 1 lb. Velveeta cheese |
| 4 chicken bouillon cubes | salt to taste |
| 1 container Lipton chicken
noodle Soup Starter | pepper to taste |

Place chicken breasts in Dutch oven and fill with water. Add onion, celery, bouillon and pepper. When chicken is tender, remove chicken and cool. Dice in bite-size pieces. Return to broth. Add Soup Starter, potatoes and carrots. When vegetables are tender, add cheese and cook 30 minutes longer. Add bouillon water, if more liquid is needed. Add salt and pepper. Mash vegetables and chicken with potato masher before serving.

CHICKEN AND RICE SOUP

Betty Hackney

■ c. chicken breasts
■ qt. boiling water
salt and pepper
1 ½ c. diced celery (about ■ stalks)
1 ½ c. diced carrots (2 or ■ large carrots)
1 small onion, chopped or green onions and tops

2 Tbsp. parsley flakes
1 ½ c. long grain rice (uncooked)
2 ½ c. sweet milk (add more if needed)
2 cans cream of chicken soup
2 Tbsp. cornstarch
4 Tbsp. oleo or butter

Cook chicken in boiling water, salt and pepper until tender. Remove from broth to cool. Save the broth and add the celery, carrots, onion, parsley flakes and rice. Cover and cook for 20 minutes (low heat). Mix cream of chicken soup and milk together before adding to the rice mixture. Stir for a while, then add cornstarch which has been dissolved in milk or water. Stir a while. Add butter and stir a while. Chop or pull chicken apart in small pieces and add to the soup.

ALL-AMERICAN CHILI

Charles (Chili) King

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|------------------------------------|--|
| 6 oz. hot turkey Italian sausage | ¼ tsp. salt |
| 2 c. chopped onion | 2 bay leaves |
| 1 c. chopped green bell pepper | 1 ¼ c. Merlot or other fruity red wine |
| 8 garlic cloves, minced | 2 (28 oz.) cans whole tomatoes (undrained), coarsely chopped |
| 1 lb. ground sirloin | 2 (15 oz.) cans kidney beans, drained |
| 1 jalapeño pepper, chopped | ½ c. (2 oz.) shredded reduced-fat sharp Cheddar cheese |
| 2 Tbsp. chili powder | |
| 2 Tbsp. brown sugar | |
| 1 Tbsp. ground cumin | |
| 3 Tbsp. tomato paste | |
| 1 tsp. dried oregano | |
| ½ tsp. freshly ground black pepper | |

Heat a large Dutch oven over medium-high heat. Remove casings from sausage. Add sausage, onion and the next 4 ingredients (onion through jalapeño) to pan. Cook 8 minutes or until sausage and beef are browned, stirring to crumble. Add chili powder and the next 7 ingredients (chili powder through bay leaves) and cook for 1 minute, stirring constantly. Stir in wine, tomatoes and kidney beans; bring to a boil. Cover, reduce heat and simmer 1 hour, stirring occasionally. Uncover and cook for 30 minutes, stirring occasionally. Discard the bay leaves. Sprinkle each serving with Cheddar cheese.

MY BACHELOR'S FAVORITE CHILI

Jim Busby

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|--|-------------------------------|
| 2 ½ to 3 lb. ground sirloin | 2 cans pinto beans, drained |
| 3 pkg. chili seasoning (Williams or McCormick) | 2 stalks celery, chopped fine |
| 2 bottles chili sauce | 2 Tbsp. brown sugar |
| 2 c. onion, chopped | ½ tsp. cinnamon |
| 1 large can tomato juice (or V-8 if desired) | 1 c. bell pepper, chopped |
| | 1 Tbsp. paprika |

In a large skillet, brown the meat in a little olive oil with the 2 packages of chili seasoning. In a large Dutch oven, sauté the onion and bell pepper in a tablespoon of olive oil. When the meat is completely brown, drain any excess fat and add the meat to the pot with the onion and bell pepper. Add the remaining ingredients except the pinto beans and cook, covered, about 45 minutes on medium heat, stirring occasionally. While that is cooking, drain and wash the beans. When the chili is done, add the beans and simmer on low for another 10 to 15 minutes or until the beans are tender. This makes several servings, but is even better the second day after storage in the refrigerator.

WHITE BEAN CHILI

Charles (Chili) King

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|-----------------------------|---------------------------------|
| 1 medium onion, chopped | 1 tsp. dried oregano |
| 1 Tbsp. olive oil | 4 (15 oz.) cans cannellini or |
| 2 garlic cloves, minced | Great Northern beans, rinsed, |
| 2 skinned and boned chicken | drained and divided |
| breast halves, cut into | 1 (14 ½ oz.) can chicken broth |
| bite-size pieces | 1 (16 oz.) pkg. frozen Shoepeg |
| 3 c. water | white corn |
| 1 tsp. salt | 2 (4.5 oz.) cans chopped |
| 2 tsp. ground cumin | green chiles |
| 1 tsp. chili powder | 2 Tbsp. lime juice |
| 1 tsp. pepper | fresh cilantro sprigs (garnish) |

Sauté chopped onion in hot oil in a large Dutch oven over medium-high heat 7 minutes. Add garlic and sauté 2 to 3 minutes. Stir in chicken pieces and cook, stirring constantly, until chicken is lightly browned. Stir in 3 cups water and next 5 ingredients; reduce heat and simmer, stirring often, 10 minutes or until chicken is done. Place 2 cans of beans in a blender; add broth and process until smooth, stopping to scrape down sides. Stir bean purée, remaining 2 cans of beans, corn and chiles into chicken mixture in Dutch oven. Bring to a boil over medium-high heat. Reduce heat and simmer, stirring often, 30 minutes or until thoroughly heated. Stir in lime juice just before serving. Garnish, if desired.

CHUNKY BEEF CHILI

Charles (Chili) King

4 lb. boneless chuck roast, cut
into ½-inch pieces
2 Tbsp. chili powder
2 (6 oz.) cans tomato paste
1 (32 oz.) container beef broth
2 (8 oz.) cans tomato sauce
2 tsp. granulated garlic
1 tsp. salt
1 tsp. ground oregano
1 tsp. ground cumin

1 tsp. paprika
1 tsp. onion powder
½ tsp. ground black pepper
¼ tsp. ground red pepper
cornbread sticks (optional)
crushed tortilla chips, sour
cream, shredded cheese
and shredded onion
(toppings)

Brown meat in batches in a Dutch oven over medium-high heat. Remove meat. Reserve drippings in Dutch oven. Add chili powder to Dutch oven; cook, stirring constantly, 2 minutes. Stir in tomato paste; cook 5 minutes. Return beef to Dutch oven. Stir in beef broth and next 9 ingredients; bring to a boil. Reduce heat to low and simmer, uncovered, stirring occasionally, 1 ½ hours or until beef is tender. Serve with cornbread sticks, if desired, and desired toppings.

CHILI CHICKEN

Judy Vernon

½ c. onion, chopped
1 can cream of roasted garlic
soup
3 cans cream of herb and
chicken soup
4 cans water
1 small can pimento

1 small can mild chopped
chilies
1 (16 oz.) pkg. egg noodles
3 ½ c. chopped cooked
chicken
2 ½ c. grated Cheddar cheese

Saute onion in butter. Make soup according to directions on cans. Cook and stir until smooth. Add to the onion. Add chilies, pimento and chicken. Simmer while noodles cook. Cook noodles per package directions. Mix noodles and soup mixture and place in 6-quart casserole dish. Cover and bake at 325° to 350° for 30 minutes until

your taste. Cover with cheese and bake, uncovered, until cheese melts.

CROCK-POT CHILI

Sheri Turner

1 lb. lean ground beef,
browned and drained
15 oz. can pinto beans
(undrained)

15 oz. can diced tomatoes
1 pkg. dry chili mix

Layer in slow cooker. Cook on low for 8 hours.

SOUTHWESTERN CHILI

Charles (Chili) King

cooking spray
¼ tsp. salt
½ lb. chili-style ground sirloin
1 c. chopped onion
1 c. chopped green onions
⅓ c. chopped green bell
pepper
½ lb. Cajun smoked sausage,
chopped (such as Conecuh)
1 Tbsp. minced fresh garlic
1 (12 oz.) bottle beer
2 tsp. chili powder
½ tsp. ground chipotle chile
pepper

¼ tsp. ground cumin
¼ tsp. ground coriander
1 (28 oz.) can whole tomatoes
(undrained), chopped
1 (15 oz.) can dark red kidney
beans, rinsed and drained
1 (15 oz.) can yellow hominy,
rinsed and drained
1 (15 oz.) can garbanzo
beans, rinsed and drained
1 (7 oz.) can salsa verde
2 Tbsp. masa harina

Heat a large Dutch oven over medium-high heat. Coat pan with cooking spray. Add salt and beef to pan; cook 5 minutes or until browned, stirring gently. Remove from pan. Add onion, green onions, bell pepper and sausage to pan; sauté 5 minutes or until sausage is lightly browned. Add garlic; sauté 1 minute. Add beer, scraping pan to loosen browned bits. Return beef to pan. Stir in chili powder and next 8 ingredients (through salsa verde). Bring to a boil. Cover, reduce heat and simmer 1 hour, stirring occasionally. Stir in masa. Cook 30 minutes.

REAL TEXAS CHILI

Charles (Chili) King

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|--|--------------------------------------|
| cooking spray | ¼ c. white vinegar |
| 2 lb. beef stew meat | 2 Tbsp. chili powder |
| ½ tsp. kosher salt | 2 Tbsp. dried oregano |
| ½ tsp. cracked black pepper | 1 (14 ¼ oz.) can low-salt beef broth |
| 3 c. chopped onion | 1 (12 oz.) can beer |
| 1 Tbsp. cumin seeds | ½ c. chopped fresh cilantro |
| 3 Tbsp. finely chopped jalapeño pepper | ½ c. chopped onion |
| 6 garlic cloves, minced | ½ c. fat-free sour cream |
| 1 c. dry red wine | |

Heat a large Dutch oven coated with cooking spray over medium-high heat. Sprinkle beef with salt and pepper. Place half of beef in pan; cook 8 minutes or until browned. Remove from pan. Repeat procedure with remaining beef; remove from pan. Add 3 cups onion to pan; sauté 5 minutes or until lightly browned. Add cumin, jalapeño and garlic; sauté 1 minute. Add wine, scraping to loosen browned bits. Return beef to pan. Stir in vinegar and next 4 ingredients (vinegar through beer); bring to a boil. Cover, reduce heat and simmer 1 ½ hours or until beef is tender, stirring occasionally. Uncover and simmer 1 hour, stirring occasionally. Stir in cilantro. Serve with onion and sour cream.

QUICK VEGETARIAN CHILI WITH AVOCADO SALSA

Charles (Chili) King

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|--------------------------------------|---|
| 2 tsp. canola oil | 1 (15 oz.) can black beans, drained |
| 1 c. chopped onion | 1 (14.5 oz.) can no-salt-added diced tomatoes (undrained) |
| 1 c. chopped red bell pepper | 1 (14 ½ oz.) can vegetable broth |
| 2 tsp. chili powder | 3 Tbsp. chopped fresh cilantro |
| 1 tsp. ground cumin | 6 Tbsp. reduced-fat sour cream |
| 1 tsp. dried oregano | 6 lime wedges |
| 3 garlic cloves, minced | 16 baked tortilla chips |
| 1 (4.5 oz.) can chopped green chiles | Avocado Salsa |
| ⅔ c. uncooked quick-cooking barley | |
| ¼ c. water | |

Heat the oil in a Dutch oven over medium-high heat. Add onion and bell pepper; sauté 3 minutes. Add chili powder and next 4 ingredients (chili powder through green chiles); cook 1 minute. Stir in barley and next 4 ingredients (barley through broth); bring to a boil. Cover, reduce heat and simmer for 20 minutes or until barley is tender. Stir in cilantro. Serve with sour cream, lime wedges, chips and Avocado Salsa. Store chili in an airtight container in the refrigerator for up to 2 days.

CHUNKY VEGETARIAN CHILI

Charles (Chili) King

1 Tbsp. vegetable oil
2 c. chopped onion
½ c. chopped yellow bell pepper
½ c. chopped green bell pepper
2 garlic cloves, minced
1 Tbsp. brown sugar
1 ½ Tbsp. chili powder
1 tsp. ground cumin
1 tsp. dried oregano

½ tsp. salt
½ tsp. black pepper
2 (16 oz.) cans stewed tomatoes (undrained)
2 (15 oz.) cans black beans, rinsed and drained
1 (15 oz.) can kidney beans, rinsed and drained
1 (15 oz.) can pinto beans, rinsed and drained

Heat the oil in a Dutch oven over medium-high heat. Add onion, bell peppers and garlic; sauté 5 minutes or until tender. Add sugar and remaining ingredients and bring to a boil. Reduce heat and simmer 30 minutes.

VENISON CHILI

Charles (Chili) King

cooking spray
1 lb. ground venison
1 c. chopped sweet onion
1 c. chopped green bell pepper
4 garlic cloves, minced
1 jalapeño pepper, seeded and chopped
2 Tbsp. chili powder
½ tsp. salt
½ tsp. ground cumin

½ tsp. ground red pepper
½ tsp. freshly ground black pepper
1 (14.5 oz.) can diced tomatoes (undrained)
1 (14 oz.) can fat-free, less-sodium chicken broth
1 Tbsp. tomato paste
1 (15 oz.) can red kidney beans, rinsed and drained

Heat a small Dutch oven over medium-high heat. Coat pan with cooking spray. Add venison; cook 3 minutes or until browned, stirring to crumble. Remove from pan with slotted spoon. Cover and keep warm. Reduce heat to medium. Add onion, bell pepper, garlic and jalapeño to pan; cook 10 minutes or until tender, stirring frequently. Stir in chili powder and next 4 ingredients (through black pepper). Add venison, diced tomatoes, chicken broth and tomato paste, stirring until well combined; bring to a boil. Cover; reduce heat and simmer 30 minutes. Add red kidney beans; cook, uncovered, 15 minutes.

AUBUELO'S CILANTRO LIME SOUP

Sandy Kimmelman

Cooking Chicken:

1 whole chicken, cut up
1 ½ gal. water

1 Tbsp. chicken base

Remove skin and wings from chicken; cover with water and add chicken base. Cook chicken over medium heat for approximately 1 ½ hours. Remove chicken and let cool; bone chicken and chop meat into small pieces. Save broth.

Soup:

1 Tbsp. canola oil
¾ c. diced onion
¾ c. minced tomato
½ Tbsp. minced garlic
1 tsp. oregano
½ Tbsp. chili powder
½ Tbsp. salt
½ Tbsp. finely chopped hot chiles

¾ c. corn
2 c. chopped chicken
½ gal. reserved chicken broth
½ tsp. chicken base
7 oz. white hominy, drained
1 ½ Tbsp. fresh lime juice
½ bunch fresh cilantro,
chopped into ¼-inch pieces

Place canola oil in pan and heat. Add onion, tomato, garlic, oregano, chili powder, salt and chiles and sauté until onions are translucent. Add corn, chicken, broth, chicken base and hominy. Bring to a boil and cook for 15

minutes. Add lime juice and remove from heat. Add chopped cilantro.

CHILLY CUCUMBER SOUP

Barbara Jordan Johnson

4 large cucumbers
2 Tbsp. butter or margarine
2 Tbsp. all-purpose flour
¼ c. finely chopped fresh
parsley
¼ c. finely chopped celery
leaves

1 envelope Lipton® Recipe
Secrets™ golden onion
recipe soup mix
2 c. water
2 c. light cream or half and
half
cucumber slices, celery leaves
and lemon peel (for garnish)

Remove cucumber peels with paring knife or vegetable peeler. To seed cucumbers, cut in half lengthwise and scrape out seeds with a small spoon. Finely chop enough cucumbers to measure 3 ½ cups. Set aside.

Melt butter in large saucepan over medium heat. Stir in flour and cook 3 minutes, stirring constantly. Add chopped cucumbers, parsley and chopped celery leaves. Reduce heat to low. Cook and stir until cucumbers are tender when pierced with a fork, about 8 minutes. Combine soup mix and water in small bowl; add to cucumber mixture. Bring to a boil over medium-high heat. Reduce heat to low. Simmer, covered, 15 minutes. Remove from heat. Let stand at room temperature until cool. Process soup in small batches in blender or food processor until smooth. Stir cream into soup. Cover. Refrigerate. Serve soup cold. Garnish if desired. Makes about 6 servings.

ITALIAN WEDDING SOUP

Dominick Montes
Executive Chef, Memphis, TN

½ lb. ground beef
½ lb. ground veal
¼ c. Italian seasoned bread
crumbs
1 egg
1 Tbsp. parsley

salt and pepper to taste
4 c. chicken broth
2 c. spinach leaves, cut into
pieces
¼ c. grated Pecorino Romano
cheese

Combine the ground meat, bread crumbs, egg, parsley, salt and pepper in a bowl. Mix well and form into tiny meat balls. Bake on a cookie sheet for 30 minutes at 350°.

Meanwhile, bring broth to a boil and add spinach. Cover and boil for 5 minutes. Add the meat balls to the hot broth. Bring to a simmer. Stir in the cheese and serve immediately.

MINESTRONE SOUP

Reynae Bennett

3 Tbsp. olive oil
4 oz. pancetta, chopped
2 to 3 celery stalks, finely
chopped
3 medium carrots, finely
chopped
1 medium onion, finely
chopped
1 to 2 cloves garlic, crushed
2 (14 oz.) cans chopped
tomatoes

4 c. chicken stock
1 (14 oz.) can cannellini
beans, strained and rinsed
1 c. bow tie pasta
salt and freshly ground black
pepper
2 green zucchini, chopped
shaved Parmesan cheese (to
serve)
2 to 4 Tbsp. flat-leaf parsley
(optional)

Heat the oil in saucepan. Add the pancetta, celery, carrots and onion and cook for 5 minutes, stirring constantly, until the vegetables are softened. Add the garlic, tomatoes, stock, salt and pepper to taste and bring to a boil for about 20 minutes. Drain and rinse the beans and add with pasta and zucchini. Cover and simmer 20 minutes longer. Stir in the parsley if desired. Serve hot.

sprinkled with plenty of Parmesan cheese. This makes a meal in itself if served with Italian bread. Serves 4.

CHILLED ORANGE SOUP

Barbara Jordan Johnson

6 Valencia or navel oranges,
divided
1 c. sugar

½ c. currant jelly
¼ c. water
2 Tbsp. brandy

Scrub and remove the orange colored peel in shreds from 1 orange. Add these peelings to a syrup of the sugar, jelly and water. Simmer about 15 minutes.

Meanwhile, section the peeled orange and the remaining 5 oranges. Cool the syrup to about 85°. Pour it over the orange sections. Add brandy. Refrigerate, covered, about 12 hours before serving with a crisp thin refrigerator cookie or a curled cookie. Also good with cinnamon toast. Makes 6 servings.



GRANDMA ROSIE'S PASTA AND BEAN SOUP "PASTA VIZULLI"

Diane Cannon

Mother, Margaret Wilder

1 lb. baby lima beans
1 lb. thin pasta (spaghetti or
vermicelli)
1 meaty ham bone or ham
chunks (for seasoning)
sliced salt meat (pork)
3 carrots, sliced

2 onions, chopped
5 stalks celery, chopped
1 (16 oz.) can tomatoes,
chopped (with liquid)
2 (8 oz.) cans tomato sauce
salt, pepper and Accent to
taste

Rinse and sort beans. Put in large soup pot with 12 cups of water. Bring to a boil, reduce heat and simmer for 1 hour. Remove several tablespoons of beans and mash with a fork and return beans to pot. Add all other ingredients; bring to a second boil and reduce heat. Cook 2 to 3 hours until beans and vegetables are done. Cook pasta separately and drain. Add to soup pot about 30 minutes

before soup is done to blend flavors. Salt, pepper and Accent to taste. Add with vegetables. Remove meat from bone if ham bone is used once it's cooked tender in the soup.

COLD PEACH SOUP

Barbara Jordan Johnson
Royal Caribbean

4 large ripe peaches (about 2 lb.), peeled, pitted and chopped
 $\frac{1}{2}$ (10 oz.) cantaloupe, peeled, seeded and chopped
 $\frac{1}{2}$ c. fresh orange juice
 $\frac{1}{4}$ c. dry white wine or unsweetened apple juice

dash of cayenne pepper
spoonable sugar substitute to taste
 $\frac{1}{4}$ c. fat-free sour cream
snipped fresh chives (for garnish)

In a food processor or blender, puree the peaches and melon until smooth. With the food processor running, add the orange juice, wine and cayenne pepper through the feed tube. Continue to process until smooth. Transfer mixture to a nonreactive bowl. Taste and add a teaspoon or two of spoonable sugar substitute, if needed, to sweeten to taste. Cover and chill for at least 3 hours before serving.

To serve, stir well and ladle into 6 small soup bowls. Top each serving with a small dollop of sour cream and a sprinkling of chives.

PORK CHOP SOUP

Janet Morgan
Executive Chef, Heaven

1 lb. pork chops
12 c. water
2 tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ c. chopped onion
 $\frac{1}{4}$ c. chopped celery
1 (16 oz.) can tomatoes
1 (6 oz.) can tomato paste

1 c. green beans (fresh or frozen)
1 c. black-eyed peas (fresh or frozen)
1 c. corn (fresh or frozen)
1 c. sliced carrots (fresh or frozen)
1 $\frac{1}{2}$ c. diced potatoes
1 c. chopped cabbage

Combine pork chops, water, salt and pepper in a large pot. Cook for 1 hour or until meat is tender. Discard bones and fat; cut into bite-sized pieces. Skim fat from top of broth. Add onion, celery, tomatoes, tomato paste, beans, peas, corn and carrots; simmer for 1 hour. Add potatoes and cabbage; cook for 30 minutes more. Serves 8.

POSOLE AND TORTILLA SOUP

Father Andy Andrews

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| 5 Tbsp. butter | 1 medium onion, chopped |
| ■ corn tortillas, sliced into thin strips | 1 can peeled whole tomatoes (with juice), torn into pieces |
| 1 can hominy/posole | 7 c. vegetable broth |
| 6 cloves garlic, chopped | 2 tsp. cumin |
| 1 red bell pepper, roasted, seeded, peeled and chopped | 1 tsp. chili powder |
| 1 green bell pepper, roasted, seeded, peeled and chopped | salt, pepper and cayenne to taste |
| | juice of 1 lime |

In a big ole soup pot, melt butter over low to medium heat and add corn tortilla strips; cook until crisp. Add $\frac{1}{2}$ of the garlic and $\frac{1}{2}$ of the onion and cook until tender. Add the roasted bell peppers, tomatoes and hominy/posole with juice. Then add cumin and chili powder and let mixture cook in. Stir in vegetable broth and simmer at a low heat for around 10 minutes, stirring occasionally. Add the rest of the garlic and onion. Add salt, pepper and cayenne to taste. Continue to simmer and stir for another 10 minutes. Stir in lime juice and serve.

QUICK POTATO SOUP

Diane Cannon

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|----------------------------|-----------------------------|
| ■ lb. hash browns | 1 can cream of celery |
| $\frac{1}{2}$ stick butter | 1 tsp. garlic salt |
| 2 c. chicken broth | 1 (8 oz.) pkg. cream cheese |
| 1 can cream of chicken | 1 $\frac{1}{2}$ c. milk |

In a large pot, cook potatoes, butter and chicken broth. Do not drain. Add soups and seasonings. Add cream cheese and stir until melted. Add milk. Do not boil. Suggested Toppings: Cheese, bacon bits, chives.

EASY CROCK-POT CHOWDER

Jennie Brown

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|-------------------------------|------------------------------|
| 4 cans cream of potato soup | 2 or 3 cans white chicken |
| 2 cans cream of celery soup | meat, drained and fork |
| 1 large or 2 small cans white | separated into small pieces* |
| Shoe Peg corn, drained | ■ few dashes white pepper |
| 1 c. milk | (optional) |
| 1 (8 oz.) bar cream cheese, | |
| softened and cut in small | |
| squares for easy blending | |

*For variety, substitute 2 cans of crabmeat or petite shrimp for a seafood flavor.

Add all the ingredients to your large crock-pot. Stir by hand to blend and then set to high for 2 ½ hours or low for 3 to 4 hours. Can be cooked on the stove in a large Dutch oven with a reduced cooking time. This recipe can be halved conveniently for a smaller portion. Key to success with this recipe – a good can opener.

SANCOCHO

Barbara Jordan Johnson

- | | |
|---------------------------------|---------------------------------|
| 3 medium sweet potatoes, cut | 1 tsp. chili powder |
| into 2-inch pieces | ¾ tsp. coriander |
| 1 large sweet green pepper, | ½ tsp. salt |
| cut into strips | 2 c. water |
| 1 c. frozen whole kernel corn | 1 (10 oz.) can chopped |
| 1 medium onion, sliced into | tomatoes with smoked |
| rings | chipotle peppers |
| 3 garlic cloves, minced | 1 (9 oz.) pkg. frozen cut green |
| 1 ½ lb. pork shoulder, cut into | beans |
| cubes | |

In a 4 to 5-quart crockery cooker, place sweet potatoes, sweet pepper, corn, onion and garlic. Add pork, chili powder, coriander and salt. Pour the water and the undrained tomatoes over all. Cover and cook for 7 to 8 hours on low heat or 3 ½ hours on high heat, adding the frozen green beans the last 15 minutes of cooking time.

TACO SOUP

Melanie Saffold

- | | |
|--|---|
| 1 lb. ground chuck | 1 (14.5 oz.) can stewed tomatoes |
| 1 (15.5 oz.) can pinto beans | 1 (12 oz.) can beer |
| 1 (15.25 oz.) can whole kernel corn | 1 (10 oz.) can Ro-Tel |
| 1 (14.5 oz.) can green beans | 1 pkg. taco seasoning |
| 1 (15 oz.) can Ranch beans (undrained) | 1 pkg. Hidden Valley Ranch dressing mix |

Brown ground chuck in stockpot, crumbling up the meat until done. Drain and then return to stockpot. Rinse and drain pinto beans, corn and green beans. Add these to the pot as well as next 6 ingredients. Bring to a boil, reduce heat and simmer for 30 minutes.

REYNAE'S TACO SOUP

Reynae Bennett

- | | |
|---------------------------------------|-----------------------------------|
| 1 ½ lb. ground chuck | 1 can black beans |
| 1 large onion, chopped | 1 can Northern beans |
| 1 can Ro-Tel | 1 can Shoe Peg corn |
| 1 large can crushed or diced tomatoes | 2 cans water (from corn) |
| 1 can kidney beans, drained | 2 pkg. taco seasoning mix |
| 1 can pinto beans | Jalapeno pepper slices (optional) |

Brown meat with onion. Drain off fat. Add all other ingredients. Simmer for about 2 hours.

SANTA FE SOUP

Kim Gibson

Father Andy's Sister

2 lb. ground chuck
1 onion, chopped
2 (5 oz.) pkg. dry Ranch mix
2 (1 ¼ oz.) pkg. taco seasoning
1 (16 oz.) can black beans (undrained)
1 (16 oz.) can kidney beans (undrained)

1 (16 oz.) can pinto beans (undrained)
1 (16 oz.) can diced tomatoes with chiles
2 (16 oz.) cans white corn
2 c. water
8 oz. tub sour cream
Cheddar cheese
green onion

Cook meat and onion. Add other ingredients and simmer for 2 hours. Garnish with sour cream, Cheddar cheese and green onion.

LA BAGUETTE-LIKE SPICY TOMATO SOUP

June ~~Ross~~ Varnell

1 medium onion, thinly sliced
1 large clove garlic, minced
1 (46 oz.) can tomato juice
1 (28 oz.) can tomatoes, cut up
2 tsp. Tabasco sauce

1 Tbsp. Worcestershire sauce
1 Tbsp. light soy sauce
black pepper
olive oil
grated or sliced Mozzarella cheese

Saute onion and garlic in small amount of olive oil until soft. Add juice and tomatoes. Cook on medium until barely boiling. Add seasonings. Mix. Heat a bit longer. Ladle into soup bowls. Sprinkle grated cheese or top with sliced Mozzarella cheese on top.

Note: La Baguette in Memphis is noted for this soup.

TOSCANA SOUP

Terri Shaw

Olive Garden, Southaven, MS

1 ½ c. spicy sausage links (12 links)

¾ c. diced onions

1 ¼ tsp. minced garlic

2 c. kale leaves, cut in half and sliced

2 Tbsp. chicken base

1 qt. water

⅓ c. heavy whipping cream

Preheat oven to 300°. Place sausage links onto a sheet pan and bake for 25 minutes or until done. Cut into half lengthwise, then cut at an angle into ½-inch slices. Place onions and bacon in a large saucepan and cook over medium heat until onions are almost clear. Add garlic and cook an additional 1 minute. Add chicken base, water and potatoes; simmer 15 minutes. Add sausage, kale and cream. Simmer 4 minutes and serve.

BEEF STEW IN CROCK-POT

Sheri Turner

1 to 1 ½ lb. very lean beef stew

1 pkg. dry beef stew mix

potatoes, carrots, celery and onions

Cut stew meat into bite-size pieces. Put into crock-pot. Peel and cut up vegetables and bring to boil in medium saucepan on top of stove with enough water to cover. Simmer for 10 to 20 minutes or until vegetables are partially cooked, but not all the liquid has boiled away. Pour the beef stew mix over meat in crock-pot, then add cooked vegetables and cooking water. Stir together and cook on medium setting in crock-pot all day.

CROCK-POT VEGETABLE SOUP

Kelly Romito

- | | |
|--|--|
| 1 lb. ground meat (beef, turkey, etc.) | garlic powder |
| 1 chopped onion | salt |
| 1 bag frozen mixed vegetables | pepper |
| 1 large can V-8 juice | Cavender's all-purpose Greek seasoning |

Brown ground meat and onion together until onion is tender. Place meat, frozen vegetables and V-8 juice in crock-pot. Add garlic powder, salt, pepper and Cavender's to taste. Cook on low for approximately 8 hours. Serves 4 to 6.

SHRIMP CHOWDER

Sue Kelley

- | | |
|--------------------------------------|---|
| 1 medium onion, chopped | 1 ½ lb. cooked, shelled and deveined shrimp |
| 2 medium potatoes, peeled and diced | 1 Tbsp. oil or butter |
| 3 cloves garlic, pressed | 1 tsp. white pepper |
| 1 (10 oz.) can Cheddar cheese soup | 2 c. potato stock |
| 2 (10 oz.) cans cream of potato soup | 1 ¼ c. sherry |
| | 1 c. milk or cream |

Cook potatoes until just tender; reserve water for later. In a stockpot or Dutch oven, over medium heat, warm oil. Add garlic and pepper and stir in onion. Cook onion until tender. Add undiluted soups and combine. Gradually add milk and stir. Repeat with potato stock (water) and sherry. When smooth and combined, add cooked potatoes and shrimp. Heat to boiling and serve.

TURTLE SAUCE PIQUANT

Sean Zeringue

1 c. olive oil
1 c. flour
2 c. tomatoes
3 cans tomato sauce
2 Tbsp. Louisiana hot sauce
3 large bell peppers
1 large bunch celery
4 large onions
5 qt. water

1 tsp. powdered thyme
2 bay leaves
several cloves garlic
8 hard-boiled eggs
1 pt. good sherry wine (dry)
double handful green onions
and parsley
salt and pepper to taste
14 lb. turtle meat

Brown flour in oil (this is a roux). A good cook never turns his back on his roux, stirring constantly, never allowing it to burn. We want it a rich golden brown. Add minced garlic, chopped bell peppers, celery, onions, powdered thyme and bay leaves. When this mixture is thoroughly blended, add tomatoes, tomato sauce and 5 quarts of water. Let this mixture boil, then turn fire low and let simmer until vegetables are well done and mixture thoroughly blended. Add hard-boiled eggs which have been chopped fine and then add the turtle, which has been seasoned with salt and red pepper. This must be cooked vigorously for awhile, then slowly for hours. There are 7 different kinds of meat in a turtle. Shortly before serving, throw in parsley and green onions and let cook a few minutes longer. Just as mixture ceases to boil, add the sherry wine. This will serve 8 generously with second helpings.



APPLE BROCCOLI WALDORF

Peggy M. Walker, RD
MS State University Ext. Serv.

2 red apples, diced with peel
on
2 c. raw broccoli florets

2 Tbsp. each chopped green
onion and chopped walnuts
1/4 c. raisins
1/2 c. low-fat vanilla yogurt

Mix all ingredients together and refrigerate until ready to serve. Serve on a bed of dark, leafy green lettuce.

MARINATED ASPARAGUS SALAD

Davi Ledet

1 bunch asparagus, trimmed
and cooked or 1 ½ (15 oz.)
cans whole green asparagus
spears
½ tsp. dried tarragon leaves
black pepper
½ tsp. garlic salt

1 (0.7 oz.) pkg. Italian salad
dressing mix, prepared
according to pkg. directions
¼ c. tarragon vinegar
lettuce leaves
mayonnaise

Drain the asparagus and layer it in a shallow glass dish. Sprinkle each layer with some crumbled tarragon, pepper to taste and garlic salt. Pour the salad dressing and vinegar over the asparagus. Cover and refrigerate overnight. Serve chilled asparagus on lettuce leaves, topped with a dollop of mayonnaise flavored with a little of the dressing.

BABY BLUE SALAD

Reynae Bennett

Salad:

mixed salad greens
Balsamic Vinaigrette
4 oz. Blue cheese, crumbled

2 oranges
1 pt. fresh strawberries, sliced
Sweet and Spicy Pecans

Balsamic Vinaigrette:

½ c. balsamic vinegar
3 Tbsp. Dijon mustard
3 Tbsp. honey
2 garlic cloves, minced

2 small shallots, minced
1 tsp. salt
¼ tsp. pepper
1 c. olive oil

Whisk together first 7 ingredients until well blended, then whisk in oil until mixed.

Sweet and Spicy Pecans:

1 c. sugar
1 c. warm water
1 c. pecan halves

2 Tbsp. sugar
1 Tbsp. chili powder
⅓ tsp. ground red pepper

Stir together sugar and warm water until sugar dissolves. Add pecans and soak 10 minutes. Drain, discarding syrup. Combine 2 tablespoons sugar, chili powder and red pepper. Add pecans, tossing to coat. Place pecans on greased cookie sheet and bake at 350° for 10 minutes, stirring once.

BLACK BEAN AND CORN SALAD

Pat Bell

Caroline Lamar's Sister-In-Law

¼ c. regular or lite mayonnaise
2 Tbsp. lime juice
½ tsp. cumin, ground
19 oz. can black beans,
drained and rinsed
11 oz. can whole kernel corn,
drained

1 c. grape tomatoes,
quartered
½ c. red onion, chopped
3 Tbsp. chopped cilantro
1 Tbsp. chopped jalapeno
pepper (optional)
¼ tsp. garlic powder
¼ tsp. salt

Mix cumin and lime juice in mayonnaise, then gently blend in other ingredients. Serve chilled or at room temperature. Makes 4 servings.

BLUEBERRY SALAD

Marianne Christian

2 (3 oz.) boxes grape jello
1 can blueberry pie filling or 1
can blueberries
1 medium size can crushed
pineapple (undrained)

8 oz. cream cheese, softened
8 oz. sour cream
½ c. sugar
1 tsp. vanilla
chopped pecans (optional)

Dissolve jello in 2 cups boiling water in 9 x 13 dish. Add blueberry pie filling or can of blueberries. Refrigerate until congealed. Soften cream cheese. Cream together the cream cheese, sour cream, sugar and vanilla. Spread on top of congealed jello. Sprinkle with nuts (if desired) and refrigerate.

BROCCOLI SALAD

Jackie Mason

1 bunch broccoli
½ c. raisins
8 oz. bacon, crisply cooked
and crumbled

1 small purple onion, chopped
poppy seed dressing to taste

Mix and refrigerate about 1 hour before serving.

BROCCOLI-WALDORF SALAD

Ginger Anglin

6 c. broccoli florets
1 large red apple, chopped
½ c. raisins

¼ c. pecans
1 c. low-fat coleslaw dressing

In a large bowl, combine the first 4 ingredients. Toss with dressing. Refrigerate.

1 FROZEN BUTTERMILK SALAD

Janet Morgan
Executive Chef, Heaven

1 c. sugar
1 c. buttermilk
4 bananas, chopped

1 small can crushed
pineapple, drained
1 c. broken pecan chips
8 oz. Cool Whip

Mix sugar and buttermilk. Add bananas, pineapple, pecans and Cool Whip. Freeze. Cut into squares to serve.

CAULIFLOWER SALAD

Reynae Bennett

1 head lettuce, torn up in bite
size pieces
1 head cauliflower, cut up in
small pieces
2 c. mayonnaise
2 Tbsp. mustard

1 medium finely chopped
onion
1 jar Bac*Os
⅓ c. Parmesan cheese
1 c. sugar

Mix mayonnaise and mustard. Beginning with lettuce, layer in the order listed. Refrigerate overnight or about 6 hours. Toss right before serving.

CHERRY PINEAPPLE SPINACH SALAD

Marlanne Christian

Dressing:

$\frac{1}{4}$ c. olive oil
 $\frac{1}{4}$ c. red wine vinegar

2 tsp. honey (I use little more)
 $\frac{1}{8}$ tsp. black pepper

Salad:

5 c. cleaned torn spinach leaves
1 c. bite size pineapple wedges
 $\frac{1}{2}$ c. dried cherries or cranberries

$\frac{1}{2}$ c. thinly sliced red onion
crumbled Feta cheese (if desired)
sunflower seeds or pine nuts (may add)

For Dressing: Combine oil, vinegar, honey and pepper. Mix well.

For the Salad: Combine spinach with pineapple, cherries and onion in large bowl. Spoon dressing over spinach mixture. Mix to coat salad with dressing. Serve topped with Feta cheese and nuts, if desired.

CHINESE CABBAGE SALAD

Holly Gray

1 head nappa cabbage, chopped (including white part)
5 to 6 green onions, chopped
2 pkg. Ramen noodles (discard seasoning packets)

$\frac{1}{4}$ c. sesame seeds
 $\frac{1}{2}$ c. slivered almonds
 $\frac{1}{4}$ c. cider vinegar
 $\frac{1}{2}$ c. sugar
 $\frac{3}{4}$ c. vegetable oil
2 Tbsp. soy sauce

Prepare the cabbage and green onions (including white part) and refrigerate in plastic bag or bowl covered with Saran Wrap.

Prepare on a baking sheet in 350° oven, brown the Ramen noodles (15 minutes), broken into pieces (discard seasonings), sesame seeds (10 minutes) and slivered almonds (5 minutes). Cool and store tightly covered. I use a large baking sheet and start with the Ramen noodles on one end and I set the timer for 5 minutes. Then I add the sesame seeds and set the timer for 5 more minutes. Last, I add the almonds and again set the timer for 5 minutes. After the last 5 minutes, everything has cooked the appropriate amount of time.

Combine the cider vinegar, sugar, vegetable oil and soy sauce in a small saucepan; boil 2 minutes. Cool and store in covered jar.

Just before serving, combine all ingredients. Toss with dressing. Serves 8 to 10.



CHICKEN SALAD

Lady Bird Johnson

First Lady

5 c. chicken breast, cut in
medium size

5 hard-boiled eggs, diced

5 to 6 stalks celery, stripped
and diced

¾ c. almond slivers, toasted
without butter

5 oz. can water chestnuts, cut
in small pieces

2 dashes cayenne pepper

1 tsp. curry powder

1 tsp. Dijon mustard

Mix first 5 ingredients in a large bowl lightly with a fork. Then add pepper, curry and mustard along with just enough mayonnaise to moisten. Now it's ready to serve!

Other options would be to include white seedless grapes, pineapple, mango chutney, capers or black olives.

1 JANET'S CHICKEN SALAD

Janet Morgan
Executive Chef, Heaven

2 c. boiled chicken breasts,
coarsely chopped
1 c. mayonnaise

½ c. chopped celery
½ c. broken pecan pieces
salt and pepper

Mix chicken, mayonnaise, celery and pecans. Add salt and pepper to taste. Chill.

CHICKEN PESTO SPINACH SALAD

Anne Fulton

16 oz. box farfalle pasta
10 oz. container refrigerated
pesto
2 c. frozen cut leaf spinach,
thawed and drained
2 Tbsp. lemon juice
1 c. mayonnaise
1 c. plain yogurt

¼ c. milk
16 oz. pkg. frozen baby peas
1 (12 oz.) can white and dark
meat chicken, drained
1 red bell pepper, chopped
1 yellow bell pepper, chopped
1 pt. grape tomatoes
1 c. cashew halves

Cook pasta according to package directions and drain.

Meanwhile, in food processor, combine pesto, thawed spinach and lemon juice. Process until blended. In a large bowl, combine pesto, mayonnaise, plain yogurt and milk and whisk until combined. Stir in chicken, bell peppers and grape tomatoes. Pour peas on top. Add hot cooked drained pasta and cashews and stir to combine (the hot pasta will thaw the peas). Refrigerate at least 2 hours before serving, stirring once. Serves 8 to 10.

CORN SALAD

Sandra Jones

1 can white corn
1 can yellow corn
1 c. chopped celery
1 chopped bell pepper
1 small onion, chopped

1 jar chopped pimento
¾ c. corn oil
½ c. sugar
¼ c. vinegar

Drain corn. Mix together corn, celery, bell pepper, onion and pimento in large bowl. Mix oil, vinegar and sugar until well blended. Pour over vegetables and let stand overnight.

CORN AND BEAN SALAD

Lorraine Atkey

- | | |
|---------------------------------------|---|
| 1 (16 oz.) can kidney beans | 1 can sliced water chestnuts |
| 1 (16 oz.) can small green lima beans | 1 (16 oz.) jar sweet pickle relish, drained |
| 1 (16 oz.) can small English peas | 1 tsp. garlic powder |
| 1 (16 oz.) can garbanzo beans | ½ c. sugar |
| 1 (16 oz.) can pinto beans | 1 c. mayonnaise |
| 2 (16 oz.) cans whole kernel corn | 1 large onion, chopped |
| | salt and pepper to taste |

Drain and rinse all the canned vegetables. Stir in all other ingredients. Cover and refrigerate at least 12 hours. This will keep for 7 to 10 days in the fridge. Serves 10 to 12.

EGGPLANT SALAD

Sandy Kimmelman

- | | |
|---|----------------------------|
| 1 medium sized eggplant | any Italian salad dressing |
| 1 small onion | salt and pepper to taste |
| 1 large fresh tomato or 1 can diced tomatoes, drained | |

Bake the eggplant at 350° for 1 hour. When cool enough to handle, peel and cut into less than bite size pieces (cubes). Add the onion and tomato, cut in the same way or to your preference. Pour on salad dressing (you can just use flavored vinegar such as balsamic and healthy oil) until an easy mix occurs. The amount again is to taste along with salt and pepper. This is to be refrigerated until chilled and is excellent as a side dish. You can use this as a base and get creative according to your taste. Just blend with the taste of the eggplant.

FRUIT AND CHEESE SALAD

Linda Scott

- 2 c. sliced strawberries
- 2 c. cubed cantaloupe
- 1 c. blueberries
- 1 c. raspberries
- 2 c. cubed Havarti cheese

- $\frac{1}{3}$ c. orange juice
- 2 Tbsp. oil
- 2 Tbsp. honey
- 2 Tbsp. chopped basil leaves

Combine fruit and cheese in a large bowl. Mix together orange juice, oil, honey and basil in a small jar with tight-fitting lid. Shake vigorously to combine. Pour over fruit and cheese and toss. Makes 6 servings.

MARINATED GREEN BEAN SALAD

Sandra Jones

- 2 cans whole green beans, drained or can use fresh green beans, but must be blanched
- 1 large red onion, thinly sliced

- 2 c. chopped tomatoes or can ~~use~~ grape tomatoes
- $\frac{1}{2}$ c. cider vinegar
- $\frac{1}{2}$ c. water
- $\frac{2}{3}$ c. sugar
- $\frac{1}{3}$ c. oil

Mix green beans, onion and tomatoes in large bowl. Bring to boil the vinegar, water, sugar and oil. Pour over green bean mixture. Cool, covered, and then refrigerate for 24 hours.



LIME SALAD

Jacqueline Parmele
Executive Chef, Heaven

- 1 small can (8 oz.) crushed pineapple
- 1 small pkg. (3 oz.) lime Jello
- 1 (3 oz.) pkg. cream cheese

- 1 c. ginger ale
- 1 c. whipping cream
- fresh strawberries (when available)

Drain pineapple and save juice. Add water to juice to make a cup of liquid. Heat juice to boiling and stir in

lime jello until dissolved. Mash cream cheese and stir into jello. Add pineapple and ginger ale. Chill until thickened (20 to 30 minutes).

In a large bowl, whip cream until stiff and fold into jello. Pour into mold and chill until firm. May garnish with fresh strawberries when available.

Note: Double amount if using English trifle bowl-sized mold. Serves 6 to 8 (or double if used English Trifle Bowl).

LIME AND PEAR SALAD

Marianne Christian

1 large can pear halves,
drained (save liquid)
1 (8 oz.) cream cheese

1 to 3 Tbsp. mayo
1 large lime jello
1 small jar cherries (optional)

Follow directions for making jello. Use the pear juice as part of the liquid. Mix cream cheese with a little mayo (so that it is slightly soft). Place a spoonful of cream cheese mixture inside the center of each pear half. Gently place the halves in the jello. If turn cheese side up, may put a cherry on top of each. May turn down and rub small amount of red coloring on top of each half. Congeal. May serve on lettuce bed with tablespoon of mayo on each one.

PASTA SALAD

Loraine Atkey

Polly Terry

12 oz. vermicelli (very fine egg
noodles)
1 Tbsp. Accent
2 Tbsp. seasoned salt
3 Tbsp. lemon juice
1 Tbsp. olive oil

1 c. chopped celery
1 c. red onion, chopped
½ c. green pepper
1 can black olives, sliced
2 (4 oz.) jars chopped pimento
1 ½ c. Hellmann's mayonnaise

Combine cooked and drained pasta and next 4 ingredients. Refrigerate overnight. Add other ingredients the next day.

REDSKIN POTATO SALAD

Terri Shaw

1 bag redskin potatoes
1 ½ pt. sour cream
1 ½ c. Hellmann's mayo
3 Tbsp. Dijon mustard
1 large red onion, diced

1 bag celery, diced
dill weed, garlic salt, white
pepper, salt and celery seed
(all to taste)

Cut boiled potatoes into pieces a little larger than bite-size. In a large bowl or container, add your diced celery and onions; set aside. In a smaller bowl, mix your mayo, sour cream, mustard and all seasonings. Pour over your potatoes, celery and onions.

This salad will be fine if made the day before but what makes it so tasty when done right before is the temperature of the salad. You could boil potatoes the day before and refrigerate overnight. Also have your celery and onions diced. Mix the dressing ahead of time, then put everything together. You could microwave the potatoes so the chill is knocked off them and they are more at room temperature. By doing this, the potatoes will take on the sour cream and mayo and taste more like you just freshly made.

THREE BEAN PASTA SALAD

Sandra Jones

1 pkg. Wacky Mac noodles
1 can green beans, drained
1 can wax beans, drained
1 can kidney beans, drained
1 c. chopped sweet onion

¾ c. cider vinegar
½ c. salad oil
⅔ c. sugar
1 ½ c. halved cherry tomatoes
salt and pepper to taste

Prepare Wacky Mac according to package directions; rinse with cool water. Combine drained beans and chopped onion in large bowl. In separate small bowl, combine cider vinegar and oil; slowly add in sugar to dissolve. Add drained Wacky Mac and vinegar mixture to

beans. Add tomatoes, salt and pepper (optional). Gently toss to combine.

PRETZEL SALAD

Reynae Bennett

Crust:

2 c. pretzels, crushed fine in
blender (makes 1 c.)

$\frac{1}{2}$ stick butter
 $\frac{1}{3}$ c. sugar

Blend and press in pan. Bake at 400° for 8 minutes, then cool.

Middle Layer:

8 oz. cream cheese
1 c. powdered sugar

12 oz. Cool Whip
1 can crushed pineapple

Blend cheese and sugar until smooth. Fold in pineapple and Cool Whip. Spread on pretzel crust and cool while preparing topping.

Topping:

1 (6 oz.) pkg. strawberry jello
2 c. boiling water

2 (10 oz.) pkg. frozen
strawberries

Dissolve jello, water and frozen strawberries. When topping cools, spread on top of salad and serve cool.

SPLENDID RASPBERRY SPINACH

Dominick Montes
Executive Chef, Memphis, TN

2 Tbsp. raspberry vinegar
2 Tbsp. raspberry jam
 $\frac{1}{3}$ c. vegetable oil
8 c. spinach, rinsed, stemmed
and torn into pieces

$\frac{3}{4}$ c. coarsely chopped
Macadamia nuts
1 c. fresh raspberries
2 kiwi fruits, peeled and sliced

To prepare dressing, combine vinegar and jam in blender or small bowl. Add oil in a thin stream, blending well. Toss spinach, $\frac{1}{2}$ of nuts, $\frac{1}{2}$ of raspberries and $\frac{1}{2}$ of kiwi fruits with the dressing. Top individual salad servings with remaining nuts, raspberries and kiwi fruit. Serve immediately.

Note: Strawberry vinegar, strawberry jam and fresh strawberries can be substituted and is as equally splendid.

SALMON AND FENNEL SALAD

Mike Johnson

1 lb. small new potatoes
1 fennel bulb, peeled and
thinly sliced
1 head friséé (curly endive
lettuce)

1 Tbsp. canola oil
4 (4 oz.) salmon fillets
 $\frac{1}{2}$ c. shaved Parmesan cheese

Place the potatoes in a medium saucepan and bring to a boil. Lower the heat to medium and simmer until the potatoes are tender when pierced with a fork, about 15 minutes, depending on size. Remove from the heat. Drain and cool to room temperature. When the potatoes are cool, slice into thin rounds.

Preheat the broiler. Brush the fillets with oil and season with salt and pepper. Place the seasoned fillets on a nonstick baking sheet. Broil the fillets for 3 to 4 minutes on each side, turning only once. (Thin fillets take less time, thicker fillets take more time.) Let the fillets cool.

To arrange the salad, divide the friséé evenly and place on 4 chilled plates. Place the thinly sliced fennel on top and flake the salmon over the fennel. Arrange the potato slices around the salad and using a vegetable peeler, shave the Parmesan into large strips over the salad. Drizzle a tart vinaigrette over the salad.

SEVEN LAYER SALAD

Linda Scott

½ c. plain yogurt
½ c. buttermilk
½ c. mayonnaise
½ c. crumbled Feta cheese
1 tsp. sugar
½ tsp. dried dill weed
9 oz. pkg. frozen cheese
tortellini

4 c. baby spinach leaves
2 c. chopped red cabbage
2 c. Havarti cheese cubes
2 c. grape tomatoes
8 slices bacon, cooked crisp
and crumbled
½ c. freshly grated Parmesan
cheese

Combine yogurt, buttermilk and mayonnaise. Beat well. Stir in Feta cheese, sugar and dill weed and refrigerate. Cook tortellini as directed on package (you're really just thawing it). Drain tortellini and stir into dressing. Set aside. Layer spinach and cabbage in 9 x 13 glass baking dish. Pour tortellini and dressing over. Top with Havarti and grape tomatoes. Sprinkle bacon over all and top with Parmesan cheese. Chill well. Serves 10.

SNOW PEA SALAD

Lottie L. Garner

1 (10 oz.) pkg. frozen snow
peas or sugar snap peas,
cooked 2 minutes
1 (10 oz.) pkg. frozen small
peas, thawed
1 c. cashews

1 c. chopped cauliflower
1 c. low-fat salad dressing
½ c. low-fat sour cream
⅓ c. diced red onion
⅓ c. diced celery
¼ c. crumbled bacon

Mix all ingredients except bacon in a large bowl. Chill for at least 2 hours. Garnish with bacon. Serves 6.

SPINACH SALAD

Reynae Bennett

1 lb. fresh spinach, broken up
6 slices crisp fried bacon

1 bunch green onions,
chopped up with tops
■ hard-boiled eggs

Combine spinach, bacon, green onions and chopped boiled eggs.

Dressing:

2 Tbsp. bacon drippings
2 Tbsp. sugar
3 Tbsp. balsamic vinegar

$\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. dry mustard

Combine and pour over salad. Toss right before serving.

SUNFLOWER SALAD

Joy Allen

(Serves 25)

1 $\frac{1}{2}$ gal. broccoli
 $\frac{2}{3}$ gal. grapes
1 lb. bacon bits (real)
1 $\frac{1}{3}$ c. sunflower seeds

4 $\frac{1}{3}$ c. lite mayo
2 $\frac{1}{2}$ c. sugar
4 $\frac{1}{3}$ oz. white vinegar
onion powder to taste

Wash grapes and let drain. Cut broccoli in bite size pieces and set aside. Cook and chop the bacon and sunflower seeds. Add to tomatoes and broccoli. Mix mayo, sugar, white vinegar and onion powder. Add all together and pour over ingredients. Refrigerate to chill. Stir well and serve on lettuce leaf.

NANA'S TOMATO ASPIC

Fran Walker

1 pkg. lemon jello
1 $\frac{1}{2}$ c. hot water
1 pkg. plain gelatin
1 tsp. grated onion

1 (8 oz.) can tomato sauce
 $\frac{1}{2}$ c. cool water
1 $\frac{1}{2}$ Tbsp. vinegar
 $\frac{1}{2}$ tsp. salt

Soften plain gelatin in cool water. Add lemon jello and dissolve in hot water. Stir well. Add remaining ingredients. (A teaspoon of prepared horseradish added at this time gives a twist to this aspic.) Chill until semi-firm. Chopped celery or sliced olives or artichoke hearts or

whatever strikes your fancy may be folded in at this time or leave as is. Return to the refrigerator until well set.

In the old-time South, ladies know the plain gelatin insures the aspic will "set up" no matter the weather. This looks beautiful prepared in a mold and unmolded on a plate of leaf lettuce.

"OH MY GOD! I FORGOT THE POTLUCK AT ST. TIMOTHY'S" VEGETABLE SALAD

John M. Denton

2 bags frozen chopped
vegetables (peas, carrots,
corn, green beans)
 $\frac{3}{4}$ c. mayonnaise

1 Tbsp. dill weed
salt
pepper

Thaw the vegetables under cold running water in a colander. Drain well and put in a casserole dish. Thoroughly mix in the mayonnaise, dill weed, salt and pepper (to taste). Let chill in the refrigerator for at least 2 hours.

WALNUT AND BLUE CHEESE SALAD

Darlene Carnell

$\frac{1}{2}$ c. walnut pieces
5 Tbsp. white wine vinegar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ c. extra virgin olive oil
1 head romaine lettuce, torn
into pieces

1 avocado, peeled, pitted,
sliced and dipped in lemon
juice
1 green onion, chopped
4 oz. Blue cheese, crumbled

Toast walnut halves in heavy skillet until golden, 5 to 8 minutes and cool. Mix vinegar, salt and pepper. Add oil in thin stream, whisking continuously until dressing is smooth and thoroughly blended. Combine romaine, avocado, green onions and cheese with walnuts in salad bowl. Toss with dressing and serve.

APPLE SLAW

Mary Jarvis

2 red apples
1 Tbsp. lemon juice
1 small head cabbage,
shredded (about 5 c.)

$\frac{3}{4}$ c. Ranch dressing
 $\frac{1}{4}$ tsp. salt
pepper to taste

In bowl, toss chopped apples with lemon juice. Add cabbage, salt and dressing to thoroughly coat. Season to taste with the pepper. Cover and refrigerate before serving.

BROCCOLI COLE SLAW

Eugenia Tanner

2 bags (3 oz.) Ramen noodle
soup in Oriental (other flavors
will work, too)
 $\frac{1}{4}$ stick butter
 $\frac{1}{4}$ c. slivered almonds

2 bags (12 oz.) broccoli cole
slaw (in the bagged salad
section of the grocery store)
 $\frac{1}{4}$ c. sunflower seeds
chopped green onions (for
garnish)

Dressing Mix:

$\frac{3}{4}$ c. canola oil
 $\frac{1}{4}$ c. brown or white vinegar
 $\frac{1}{4}$ c. apple cider vinegar

1 Ramen noodle seasoning
packet

Put the Ramen noodles in a bag and crush them with a rolling pin while melting butter in a large skillet over low/medium heat. Add the crushed noodles and slivered almonds to the skillet and saute, stirring occasionally (keep temperature at low/medium heat).

Meanwhile, whisk together all the dressing ingredients in a small bowl. Place the shredded broccoli into bowl and toss with the noodles, almonds and sunflower seeds. Pour dressing over salad and toss to coat. Garnish with chopped green onions.

FREEZER COLESLAW

Mary Jarvis
BJJ's Mother

- | | |
|-------------------------------------|--------------------------|
| 1 head cabbage, shredded | 2 c. sugar |
| 1 green bell pepper, finely chopped | 2 tsp. salt |
| 1 onion, finely chopped | 1 tsp. celery seed |
| 1 red bell pepper, finely chopped | ½ c. apple cider vinegar |
| | 1 c. water |

Toss vegetables in large bowl. Mix remaining ingredients in saucepan and bring to a boil. Boil for 2 to 3 minutes. Let cool. Pour over vegetables. Mix. Pack in airtight plastic freezer container and freeze.

To serve, thaw in the refrigerator overnight. The slaw remains crisp and tastes delicious. Makes 12 servings.

MINT VINAIGRETTE SALAD DRESSING

Peggy M. Walker, MS, RD, LD
Mississippi State University Extension Service

- | | |
|--|--|
| ¼ c. canola oil | 1 tsp. dried mint or more depending on taste |
| ¼ c. red wine vinegar or cider vinegar | 1 tsp. garlic powder |
| 2 Tbsp. sugar | 1 tsp. dried parsley flakes |
| 1 tsp. dried oregano | ⅛ tsp. pepper |

In a jar with a tight-fitting lid, combine the first 8 ingredients. Shake well. Drizzle over salad greens. Yield: ½ cup.

POP'S MARINADE

Sean Zeringue

- | | |
|-----------------|--------------------------------|
| 1 c. red wine | ¼ c. lemon juice |
| ½ c. olive oil | 3 to 4 sprigs parsley or basil |
| pinch of nutmeg | 1 tsp. sugar |
| 1 tsp. salt | 1 dash of pepper |

Mix ingredients and marinate away.

KARIN'S ANGEL HAIR PASTA SALAD

Marianne Christian

- | | |
|---|--|
| 1 lb. angel hair pasta, cooked and drained | ¼ small onion, chopped fine (optional) |
| 1 small cucumber, yellow squash, zucchini, bell pepper and carrot (can add avocado) | 1 bottle Italian salad dressing (may use lo-cal) |
| | 1 bottle McCormick "Salad Supreme" |

Drain spaghetti. Add all veggies, finely chopped. Add Salad Supreme and mix well. Add salad dressing and mix. Chill before serving.

TORTELLINI SALAD

Ginger Anglin

- | | |
|----------------------------------|--|
| 2 bags tortellini of your choice | 8 oz. halved cherry tomatoes |
| 1 can quartered artichoke hearts | Ranch dressing (you may use low-fat; to coat/toss) |
| 1 large can chopped black olives | 1 tsp. oregano |
| 8 oz. sliced fresh mushrooms | salt and pepper to taste |

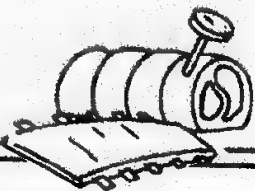
Cook tortellini according to package directions and cool. Mix all together and chill. Serves 8.



EATS & MAIN DISHES

“...**T**HEY DID EAT THEIR MEAT TOGETHER
AND GLADNESS AND SINCERITY OF
HEART, PRAISING GOD...”

ACTS 2:47A



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3-7 lb.	30-40	325 F	175 F
Leg	5 lb.	25-30	325 F	170 F
Picnic shoulder	5-10 lb.	40	325 F	175 F
Shoulder, butt	3-10 lb.	40-50	325 F	170 F
Boned and rolled				
Shoulder	3-6 lb.	60	325 F	170 F
BEEF				
Standing ribs - rare	3-7 lb.	25	325 F	135 F
- medium	3-7 lb.	30	325 F	165 F
- well done	3-7 lb.	35	325 F	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder- well done	4-10 lb.	40	325 F	190 F
Shoulder - boned and rolled	3-6 lb.	40	325 F	182 F
Leg- medium	5-10 lb.	40	325 F	175 F
Leg - well done	3-6 lb.	40-50	325 F	182 F
Crown - well done	3-6 lb.	40-50	325 F	182 F
SMOKED PORK				
Shoulder and picnic hams	■ lb.	30-40	325 F	170 F
	8 lb.	30-40	325 F	175 F
Boneless butt	■ lb.	40	325 F	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb.	20	325 F	175 F
	Half Hams	25	325 F	170 F
VEAL				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325 F	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
POULTRY				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over ■ lb.	30	325 F	170 F
Turkey	8-10 lb.	20	325 F	175 F
	18-20 lb.	14	325 F	175 F
Duck	5-10 lb.	30	325 F	175 F

Meats & Main Dishes

ARTICHOKE CHICKEN

Sandra Jones

3 lb. chicken breasts
½ tsp. salt
½ tsp. pepper
2 cloves garlic
½ tsp. paprika
1 Tbsp. margarine
¼ lb. mushrooms

2 Tbsp. flour
3 Tbsp. sherry (white wine will do)
¾ c. chicken broth
1 (12 to 15 oz.) can artichoke hearts

Sprinkle chicken with salt, pepper and paprika. Into melted margarine, add chicken and garlic. Saute until chicken is browned. Place chicken in 9 x 13-inch baking dish. Saute mushrooms in skillet with remaining margarine. Sprinkle flour over mushrooms and stir. Stir in sherry and chicken broth. While this cooks for about 5 minutes, arrange artichokes between chicken pieces in baking dish. Pour mushroom-sherry sauce over chicken. Cover and bake 40 minutes at 375°. Serves 6.

CRISPY BAKED CHICKEN

Ole Miss

Research in Child Nutrition Programs

1 lb. chicken (boneless, skinless)
1 c. coarsely crushed fat-reduced wheat or oat crackers

½ tsp. dried basil
½ tsp. ground oregano
½ tsp. garlic powder
½ c. low-fat milk
vegetable pan spray

Combine first 4 ingredients in a bowl. Dip chicken into the milk and then into the crumb mixture. Lightly spray chicken with the pan spray. Arrange on a baking pan that has been lightly coated with the spray. Bake at 350° in a conventional oven until golden brown. Baking time will depend on the size of the pieces. Bite size pieces will bake in about 15 minutes, larger pieces, 20 to 30 minutes.

GOURMET CHICKEN BREAST CASSEROLE

Kelly Romito

4 oz. pkg. dried beef (it comes in a small jar and looks like thin slices of sandwich meat)
6 chicken breasts (boned is best)

½ pt. sour cream (can use low-fat or fat-free)
1 can cream of mushroom soup (can use low-fat or fat-free)
bacon

Place slices of dried beef on bottom of a 9 x 13-inch pan. Place chicken on top of beef slices. Cover with slices of bacon. Combine sour cream and soup. Pour over chicken/bacon. Bake, uncovered, in 250° oven for 4 hours.

CHICKEN BROCCOLI CASSEROLE

Jane Clarke

2 c. cooked chicken breast, cut up
2 pkg. frozen chopped broccoli
2 cans cream of chicken soup

1 c. mayo
¼ tsp. curry powder
2 Tbsp. lemon juice
1 c. sharp Cheddar cheese
cracker crumbs

Cook broccoli and place in casserole. Cover with chicken. Mix next 5 ingredients and pour over chicken. Top with cracker crumbs. Bake at 350° for 30 to 40 minutes.

Wonderful way to use leftover turkey breasts or remainder of Sam's chicken.

I use more chicken or turkey than called for and also more cheese.

BIG MAMA'S CHICKEN CASSEROLE

Kelly Romito

6 to 8 boneless skinless
chicken breasts
1 qt. water
1 tsp. salt
1 tsp. pepper
1 can cream of chicken soup
(undiluted; can use low-fat)
1 can cream of celery soup
(undiluted; can use low-fat)

8 oz. sour cream (can use
low-fat)
½ box buttery crackers,
crushed (e.g., Ritz, Club
crackers, etc.)
½ tsp. pepper
¼ c. butter, melted

Combine first 4 ingredients in a large pot; bring to a boil. Cover, reduce heat and simmer until chicken is tender. Remove chicken and cool slightly. Cut chicken into bite-size pieces. Combine chicken, cream of chicken soup and next 3 ingredients, stirring well. Place half of crushed crackers in a lightly greased 11 x 7 x 1 ½-inch baking dish. Spoon chicken mixture over crackers. Top with remaining crackers and drizzle with butter. Bake at 325° for 35 minutes or until lightly browned. Serves 6 to 8 servings.

CHICKEN WITH CILANTRO CREAM SAUCE

Barbara Jordan Johnson

4 chicken breast halves
1 tsp. Cajun seasoning,
divided
salt and pepper
2 Tbsp. olive oil
½ red bell pepper, sliced
4 to 6 green onions (with a few
inches green), sliced

1 ½ c. chicken broth
¼ c. dry white wine
½ c. heavy cream
1 Tbsp. butter
½ c. chopped cilantro
½ c. halved cherry tomatoes

Wash chicken; pat dry. Put chicken breasts between sheets of plastic wrap and flatten to an even thickness of about ¼-inch. Sprinkle with salt and pepper and about half of the Cajun seasoning. Heat olive oil in a large skillet over medium-high heat. When the oil is very hot, add the chicken. Cook, turning, until juices run clear when chicken

is pricked with a fork and both sides are browned. Remove chicken to a plate; set aside. Add green onions and red bell pepper to the drippings. Cook, stirring, until vegetables are tender, about 1 minute. Add chicken broth and wine; bring to a boil. Simmer until juices have reduced to about $\frac{1}{2}$ cup. Add the cream and continue simmering to reduce slightly. Stir in tomatoes and cilantro, along with remaining Cajun seasoning. Taste and add salt and pepper if necessary. Cook for 1 minute. Add chicken; cover and heat through. Serves 4.

CHICKEN DIVINE

Darlene Carnell

- | | |
|---|---------------------|
| 1 pkg. frozen chopped
broccoli, cooked until tender | 1 c. mayo |
| 1 layer boned cooked chicken
(3 or 4 breasts, dark meat
gives this more flavor if you
want to mix) | 1 tsp. curry powder |
| | 1 Tbsp. lemon juice |

Mix the mayo, curry powder and lemon juice. Place in greased dish (1-quart casserole dish). Top with grated Cheddar cheese and soft bread crumbs. Dot with butter. Bake at 350° for 30 minutes. Serve on rice.



BAKED CHICKEN AND DRESSING

Judy Hector

- | | |
|-------------|---|
| 1 whole hen | Stove Top instant chicken
dressing mix |
|-------------|---|

Place hen in a roasting pan with some room left around the sides. Salt and pepper to your taste. Bake the chicken, covered, on low at 300° for an hour or so until done. When done, you should have lots of chicken broth surrounding the hen. Just pour in the uncooked Stove Top dressing around the sides of the hen and it will absorb the broth.

Easy chicken and dressing.

SLOW COOKER CHICKEN AND DRESSING

Nina Cutler

1 stick butter, melted
2 c. chopped onion
2 c. chopped celery
1 skillet baked cornbread,
crumbled
1 ½ tsp. salt
1 tsp. poultry seasoning
sage (if desired)

½ tsp. pepper
2 eggs, well beaten
1 can cream of chicken soup
1 can cream of mushroom
soup
1 ½ to 2 c. chicken broth
3 c. chicken or turkey, cooked
and torn into pieces

Mix melted butter, onion and celery into crumbled cornbread. Add seasonings, soups and eggs. Pour chicken broth over this. Layer half of dressing into slow cooker, then a layer of chicken or turkey, then the other half of dressing, topping with chicken or turkey. Cook 45 minutes on high. Then cut temperature to low and cook at least 4 hours.

GRANDMA BRENDA'S CHICKEN AND DUMPLINS

Brenda Ward

4 chicken breasts
8 c. water
1 can cream of chicken soup

2 c. plain flour
½ c. hot water
salt and pepper

Boil chicken in 8 cups water; set aside. When cool, debone. Mix flour with enough hot water to make a stiff dough. Roll out on floured board. Cut into very thin strips. Bring chicken broth mixture to full rolling boil. Drop strips of dough into the broth. When mixture comes to a boil again, turn the heat source off and add chicken, salt and pepper to taste. Allow chicken and dumplings to set for 15 to 20 minutes.

FRICASSEED CHICKEN

Mary Todd Lincoln
First Lady

2 to 3 fryers, cut up
salt
pepper
flour (for dredging)
½ pt. cream
lard or butter (for frying
chicken)

parsley
¼ tsp. nutmeg
¼ tsp. mace
a little butter, rolled in flour
parsley sprigs

Cut up your chicken into pieces of the desired size. Wipe the pieces dry. Season them with pepper and salt and dredge lightly with flour. Fry them in lard or butter until they are brown on all sides. When they are quite done, take them out of the frying pan and keep them hot in a covered pan on an asbestos pad over a low flame. Skim the gravy in the frying pan and pour the cream into it. Season with a little nutmeg, mace, salt and pepper and thicken it with a small bit of butter rolled in flour. Stir carefully to be sure that the mixture is smooth. Give it a boil and then pour it over the pieces of chicken which have been kept hot and which must be served hot. Put some lard or butter into the pan. Fry the parsley sprigs in it to garnish the chicken; the fried parsley must stay green and crisp.

HERBED CHICKEN

Reynae Bennett

2 Tbsp. butter
1 Tbsp. oil
1 chicken or 4 chicken breasts
salt and pepper to taste
1 can chicken broth

2 cloves garlic, crushed or 2
tsp. minced
1 tsp. thyme
1 tsp. basil
3 Tbsp. sour cream

Brown chicken in butter and oil. Remove chicken from pan. Add chicken broth, garlic, thyme, basil, salt and pepper. Boil 1 to 2 minutes and stir in sour cream and mix thoroughly. Return chicken; simmer 1 hour or until tender.

It is good served with rice pilaf and spoon sauce over chicken and rice.



HONEY MUSTARD CHICKEN

Bob Gray

½ c. Miracle Whip salad
dressing
2 Tbsp. Dijon mustard

1 Tbsp. honey
4 chicken breasts (skinless,
boneless)

Combine salad dressing, mustard and honey. Brush chicken with ½ of mixture and broil 8 to 10 minutes per side. After turning chicken, baste with remaining mixture.



CHICKEN ITALIAN

Peggy M. Walker, RD
Mississippi State University Extension

1 jar meatless spaghetti sauce
6 chicken breasts (boneless)
Italian dressing

1 (16 oz.) pkg. pasta of choice
(fettucini is good)
grated Mozzarella cheese

Brush chicken breasts with Italian dressing. Grill until chicken is done; internal temperature of 165°. Heat spaghetti sauce. Cook pasta according to package directions.

To Serve: Place 1 cup pasta on plate. Top with 1 chicken breast, ½ cup warm spaghetti sauce, then about 1 tablespoon grated cheese. Serve with tossed green salad and French bread.



CHICKEN, TURKEY OR HAM A LA KING

Cole Bailey
Grandma Barbara

2 c. cooked cubed chicken
turkey, ham or other type of
meat
1 c. sour cream
1 c. milk

1 can cream of chicken soup
or other cream soup
1 ½ c. uncooked rice
3 ½ c. frozen or fresh
vegetables

Cook rice. Cook frozen or fresh vegetables. Drain excess liquid off of cooked vegetables. Heat up sour cream, milk, soup and vegetables in medium size saucepan. Put meat in cream mixture. Serve over rice.

SUPREME DE VOLAILLE A L'ORANGE EN POMMES

Dominick Montes

Executive Chef, Memphis, TN

(Chicken Breasts with Orange Sauce and Apples)

- | | |
|-------------------------------------|--------------------------------------|
| 7 Tbsp. butter | 4 chicken breast halves, |
| 1 large apple, peeled, cored | boned and skinned |
| and chopped | 1 c. chicken stock or canned |
| 1 tsp. honey | broth |
| 1 tsp. fresh lemon juice | 1 c. apple juice |
| 1 c. apple purée or | ½ c. orange juice |
| applesauce | ¼ c. orange liqueur or brandy |
| ¾ c. all-purpose flour | 1 (1-inch) cinnamon stick |
| | chopped fresh chives |

Melt 2 tablespoons of butter in a small skillet. Add apple, honey and lemon juice; sauté until apple is tender, about 4 minutes. Add apple purée or applesauce and simmer an additional 2 minutes. Set aside. Place flour in a bowl and season to taste with salt and pepper. Dredge chicken in flour. Melt 2 tablespoons butter in large skillet. Add chicken and cook until golden brown, about 4 minutes per side. Transfer to a warm plate and tent with foil. Add chicken stock, apple and orange juices, liqueur and cinnamon stick to same skillet and bring to a boil, scraping up any brown bits. Simmer until reduced to about $\frac{2}{3}$ cup, about 15 minutes. Stir in apple mixture and remaining 3 tablespoons butter. Season with salt and pepper and discard cinnamon stick. Ladle sauce over chicken; sprinkle with chives and serve.

PAELLA WITH CHICKEN, LEEKS AND TARRAGON

Mayo Clinic

- 1 tsp. extra-virgin olive oil
- 1 small onion, diced
- 2 leeks (whites only), thinly sliced
- 3 garlic cloves, minced
- 1 lb. boneless, skinless chicken breast, cut into strips ½-inch wide and 2-inches long

- 2 large tomatoes, chopped
- 1 red pepper, sliced
- ⅔ c. long-grain brown rice
- 1 tsp. tarragon or to taste
- 2 c. fat-free, unsalted chicken broth
- 1 c. frozen peas
- ¼ c. chopped fresh parsley
- 1 lemon, cut into 4 wedges

In a large nonstick frying pan, heat the olive oil over medium heat. Add the onions, leeks, garlic and chicken strips. Saute until the vegetables are translucent and chicken is slightly browned, about 5 minutes. Add the tomatoes and red pepper slices and continue to saute another 5 minutes. Add rice, tarragon and broth and combine well. Bring to a boil. Reduce heat, cover and simmer about 10 minutes. Stir in peas and continue to simmer, uncovered, until broth is absorbed and the rice is tender, 45 to 60 minutes.

To serve, divide onto individual plates. Garnish each with 1 tablespoon parsley and 1 lemon wedge.

PARMESAN ENCRUSTED CHICKEN

John M. Denton

- 4 skinless/boneless chicken breasts
- 3 eggs, beaten
- 1 c. flour
- 1 c. Italian seasoned breadcrumbs

- 1 c. Parmesan cheese, grated
- 3 Tbsp. butter
- 3 Tbsp. olive oil
- salt
- pepper

Pound the breasts out to ensure even thickness. Season the flour with the salt and pepper in a pie plate. Beat the eggs in a separate pie plate. Mix the breadcrumbs and the Parmesan cheese in a third pie plate. One at a time, dredge the breasts in the flour, dip in the beaten egg

and then thoroughly coat in the breadcrumb mixture, pressing the breasts into the mixture. There should be no "bald spots."

In a heavy skillet, melt the butter and add the olive oil over medium-high heat. Reduce to medium heat and add the chicken carefully. Be sure not to crowd the skillet. You will probably only get 2 breasts in the skillet at once. If needed, bring in another skillet with the same amount of butter and olive oil. Leave the chicken untouched for at least 6 minutes before turning to make sure that the crust adheres to the chicken. Carefully turn the chicken and allow to cook for another 6 minutes or until done. Remove from the skillet and drain on paper towels.

CHICKEN STUFFED PEPPERS

Kelley Cook

4 large red bell peppers
1 (8 oz.) cream cheese
2 large cans chicken
2 zucchini squash, chopped
1 white onion, chopped

1 ½ c. Mozzarella cheese
Parmesan cheese
olive oil
garlic
seasoned salt

Preheat oven to 350°. Sauté zucchini and onion in olive oil. Season with garlic. Drain chicken. Put it in a bowl; and add cream cheese, Mozzarella cheese and 1 teaspoon seasoned salt. When veggies are ready, add to this mixture. Cut red peppers in half (top to bottom). Clean out the seeds and then stuff with chicken mixture. Sprinkle with Parmesan cheese. Bake at 350° for 30 minutes.

MARVELOUS CHICKEN PHYLLO

Mary Lynn Andrews
Father Andy's Mother

- 6 c. cooked chicken breast, cut into bite-sized pieces
- 2 c. thick White Sauce (Ingredients follows)
- 8 oz. cream cheese, softened
- 1 bunch green onions (tops and all), chopped

- 1 c. celery, chopped
- salt and pepper to taste
- 1 tsp. seafood seasoning
- ¼ c. dry cooking sherry
- 1 pkg. phyllo pastry dough
- ½ c. butter, melted

White Sauce:

- ¾ c. butter
- ¾ c. flour
- 1 ½ c. milk

- 1 ½ c. chicken broth
- salt and pepper to taste

Preheat oven to 350°. Grease a 9 x 13-inch casserole dish. Gently boil chicken breast in stockpot filled with water. Season water with salt and pepper. Allow chicken breast to cool and cut into bite-sized pieces. Save 1 ½ cups chicken broth for the White Sauce.

Make White Sauce by melting ¾ cup of butter in a large saucepan. Add flour and stir with a whisk until thickened. Slowly add milk and chicken broth, constantly stirring with whisk until completely blended. Cook over medium heat until a thick sauce is made.

Add softened cream cheese to the White Sauce. Stir in the vegetables. Blend well.

Mix salt, pepper, seafood seasoning and sherry.

Place in casserole dish. Layer one sheet of phyllo dough on top of the chicken mixture in the casserole dish. Brush generously with butter, then add another sheet. Repeat until there are 11 layers. Bake for 40 to 45 minutes until top is light brown and the filling is bubbly. Allow to set for 5 to 10 minutes before serving. Yield: 8 servings.

CHICKEN POT PIE

Linda Weimer

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|------------------------------|------------------------|
| 1 whole chicken or 6 breasts | 1 c. self-rising flour |
| 1 can cream of chicken soup | 1 c. milk |
| 1 can Veg-All, drained | 1 stick margarine |
| 2 c. chicken broth | |

Preheat oven to 350°. Boil chicken and reserve 2 cups of chicken broth. Chop chicken and mix with broth, Veg-All and chicken soup. Pour into a 9 x 13-inch baking pan. Mix flour, milk and margarine. Pour over the chicken mixture. Bake at 350° for 1 hour.

BAKED CHICKEN REUBEN

Sandra Jones

- | | |
|---|--------------------------------------|
| 4 whole boneless skinless chicken breasts, halved | 1 ¼ c. low-calorie Catalina dressing |
| ¼ tsp. salt | 4 slices low-fat Swiss cheese |
| ⅛ tsp. pepper | 1 Tbsp. chopped parsley |
| 2 c. sauerkraut, rinsed and drained | |

Preheat oven to 325°. Place chicken in nonstick baking dish. Sprinkle with salt and pepper. Cover chicken with sauerkraut. Pour dressing evenly over all and top with Swiss cheese. Cover. Bake in preheated 325° oven about 1 hour. Sprinkle with parsley before serving. Serves 4.



SOUR CREAM CHICKEN RISOTTO

Lindsay Anglin

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|--|-----------------------------|
| 10 oz. pkg. garlic rice and vermicelli mix | 2 c. frozen baby peas |
| 1 ½ c. water | 1 c. sour cream |
| 9 oz. pkg. frozen diced fully cooked chicken | ½ c. grated Parmesan cheese |

Prepare the mix according to package instructions, adding $\frac{1}{2}$ cup more water. Five minutes before the rice is done, stir in the chicken and peas. Cook until rice and pasta are tender, stirring frequently. Remove from heat and stir in sour cream and cheese. Cover and let stand 5 minutes before serving. Makes 4 servings.



CHICKEN ROTEL CASSEROLE

Kim Gee

Executive Chef, Heaven

3 or 4 chicken breasts
1 large chopped green pepper
1 large chopped onion
1 lb. box Velveeta cheese

1 c. tiny green peas
1 stick oleo
1 (7 oz.) pkg. vermicelli
1 can Ro-Tel tomatoes
2 Tbsp. Worcestershire sauce

Preheat oven to 350°. Boil chicken and save at least 1 $\frac{1}{2}$ quarts of broth. If not enough broth, use 1 can of Sweet Sue chicken broth with water to make 1 $\frac{1}{2}$ quarts. Saute onions and bell pepper in oleo. Cook vermicelli in broth saved; don't drain. Add Ro-Tel tomatoes, mashed. Add Worcestershire sauce and cook 5 more minutes. Add drained peas, onions and peppers. Add cheese, cut in chunks, and stir until cheese is melted. Add cut up chicken and stir thoroughly. Pour in casserole dish. Cook 45 minutes at 350°. If you freeze it, let it thaw before cooking.



CHICKEN SPAGHETTI

Jacqueline Parmele

Executive Chef, Heaven

This simple 5 ingredient recipe is ready in under 30 minutes.

2 boneless, skinless chicken breast halves
26 oz. jar spaghetti sauce

4 oz. can sliced mushrooms, drained
7 oz. pkg. spaghetti pasta
 $\frac{1}{2}$ c. grated Parmesan cheese

Cut chicken breasts into 1-inch pieces. In large saucepan, place chicken, spaghetti sauce and drained mushrooms. Bring to a boil, then reduce heat to low and simmer for 15 to 20 minutes until chicken is thoroughly cooked.

While sauce is simmering, cook spaghetti according to package directions and drain. Serve sauce over cooked and drained spaghetti and sprinkle with Parmesan cheese. Serves 4.

REYNAE'S CHICKEN SPAGHETTI

Reynae Bennett

1 large chicken or 4 c.
chicken, cooked and
deboned
1 lb. spaghetti, cooked
2 c. chicken broth
1 bell pepper, chopped
3 stalks celery, chopped
1 medium onion, chopped

2 Tbsp. parsley flakes
1 tsp. salt
½ tsp. pepper
2 cans cream of mushroom
soup
1 lb. Velveeta cheese
1 small can chopped black
olives (optional)

Preheat oven to 350°. Place chicken broth in saucepan. Add bell pepper, celery, onion, parsley, salt and pepper. Cook until tender. Add to broth the soup and cheese, stirring until cheese melts, then add chicken, spaghetti and olives. Place in casserole dish. Bake at 350° for 45 minutes.

CHICKEN STIR-FRY

Sue Kelley

1 large onion, wedged and
sliced
1 large bell pepper, sliced
1 large tomato, wedged
6 mushrooms, sliced
2 ribs celery, chopped
2 cloves garlic, pressed

1 Tbsp. fresh ginger, grated
1 Tbsp. oil
1 ½ lb. chicken
1 Tbsp. cornstarch
2 Tbsp. soy sauce
3 Tbsp. cold water
¼ c. dry sherry

Heat wok on stove over medium-high to high heat. Drop one droplet of water in wok. If it skitters, it's ready. Put in oil and coat bottom of pan. Put in garlic and ginger; stir until browned. Add onion and celery. Cook until onion is getting tender. Add chicken; stir until lightly cooked all over. Add sherry. Cover and let simmer for 3 to 5 minutes. Add peppers; mix in. Cover and simmer, stirring again every 2 minutes or so until peppers are tender. While ingredients are simmering, mix in a glass the cornstarch, water and soy sauce. When peppers start to get tender, add the sauce mixture and stir. Add mushrooms and tomatoes; stir in. Serve over rice or noodles. If you need to, you can turn down the heat to low and let simmer on low until ready to serve. Just remember to stir frequently. The longer it simmers, the thicker the gravy.

SWEET AND SOUR CHICKEN AND RICE

Sheri Turner

6 chicken breasts (4 oz. each,
skinless, boneless)
½ c. salsa

½ c. Polaner All-Fruit spread
(apricot flavor)
cooked rice (white, brown or
yellow)

Preheat oven to 350°. Spray an 8 x 8 or 9 x 9 baking dish lightly with Pam. Layer cooked rice, uncooked chicken and mixture of salsa and fruit spread. Cook in 350° oven for 40 to 50 minutes until done.

CHICKEN OR TURKEY TETRAZZINI

Diane Cannon

1 stick butter
½ lb. spaghetti
1 pt. sour cream
1 can cream of mushroom
soup
1 can cream of chicken soup

2 c. chicken, cooked and
chopped
sprinkle of Parmesan cheese
1 small can mushrooms,
drained
paprika

Preheat oven to 350°. Melt butter in skillet over low heat. Add soups and mushrooms. Remove from heat and add sour cream and chicken. Place back on stove top to keep warm. Stir often. Cook spaghetti and drain. Add to mixture. Grease a casserole dish and add mixture. Top with Parmesan cheese and paprika. Bake at 350° for 45 minutes. Serves 6.

SIMMERED TUSCAN CHICKEN

Marion Berry

- | | |
|--|---------------------------------|
| 1 lb. boneless chicken breast | 1 medium red bell pepper, diced |
| 2 cloves garlic | 1 (27.7 oz.) jar pasta sauce |
| 2 Tbsp. olive oil | 1 lb. green beans |
| 4 medium potatoes, cut into ½-inch cubes | 1 tsp. dried basil |
| | salt and pepper to taste |

In a large heavy pot, saute chicken and garlic in olive oil until chicken is lightly browned. Add potatoes and peppers. Continue to cook about 5 minutes, stirring occasionally. Add pasta sauce, basil, green beans, salt and pepper. Bring to a boil. Reduce heat to medium. Cover and simmer on low for 35 minutes or until chicken is thoroughly cooked and potatoes are tender. Stir occasionally.

CHICKEN WITH WALNUTS

Lana Marler

- | | |
|--|---|
| 1 ½ lb. chicken breasts, boned and skinned | ½ tsp. crushed red pepper or to taste |
| 3 Tbsp. soy sauce | 2 Tbsp. cooking oil |
| 2 tsp. cornstarch | 2 medium green peppers, cut into ¾-inch pieces |
| 2 Tbsp. dry sherry | 4 green onions, bias sliced into 1-inch lengths |
| 1 tsp. grated ginger root | 1 c. walnut halves |
| 1 tsp. sugar | cooked rice |
| ½ tsp. salt | |

Cut chicken into 1-inch pieces. Set aside. In a small bowl, blend soy sauce into cornstarch. Stir in dry sherry, ginger root, sugar, salt and red pepper. Set aside.

Preheat a wok or large skillet over high heat. Add cooking oil. Stir-fry green peppers and onions in hot oil 2 minutes or until crisp-tender. Remove from wok. Add walnuts; stir-fry 1 to 2 minutes or until just golden. Remove from wok. Add more oil as necessary. Add half the chicken and stir-fry 2 minutes. Remove from wok and stir-fry remaining chicken 2 minutes. Return all chicken to wok or skillet. Stir soy mixture and stir into chicken. Cook and stir until thickened and bubbly. Stir in vegetables and walnuts. Cover and cook 1 minute more. Serve at once with hot cooked rice.

WINE BAKED CHICKEN BREASTS

Sue Kelley

1 c. red wine
¼ c. soy sauce
¼ c. salad oil
2 Tbsp. water
1 clove garlic, sliced
1 tsp. powdered ginger

¼ tsp. oregano
1 Tbsp. brown sugar
2 chicken breasts, split in halves
½ c. white or wild rice

Preheat oven to 375°. Combine wine, soy sauce, oil, water, garlic, ginger, oregano and brown sugar; mix well. Place chicken in large casserole dish. Pour sauce mixture over chicken. Bake in 375° oven for 1 ½ hours or until chicken is tender and done. Uncover for last 15 minutes of baking (unless pan juices have cooked down to almost nothing). Serve with cooked rice.

CHICKEN ZUCCHINI CASSEROLE

Velma Creekmore

5 to 6 medium zucchini,
sliced ¼-inch thick
1 large onion, sliced ¼-inch
thick
2 to 3 Tbsp. olive oil
2 cans diced tomatoes with
oregano, basil and olive oil
1 small can tomato paste

1 lb. Tyson fully cooked
chicken strips, cut into bite
size pieces (the Southwestern
or fajita flavors are the best)
1 c. Italian seasoned bread
crumbs
cheese (Mozzarella and
Mexican blend)

Preheat oven to 350°. In a large mixing bowl, cut zucchini and onion. Add olive oil and stir to coat. Place in a large skillet and saute on medium-high until zucchini and onion are hot and water starts to appear. Cover and cook on medium heat until tender. Turn heat up and stir continuously until all the water disappears. Add tomatoes and tomato paste. Add cooked chicken strips. Bring to a boil. Cover and cook on medium heat until it is thick. Add bread crumbs to help it thicken faster. Place in a casserole dish (13 x 9-inch) and top with favorite cheese. Place in oven at 350° and cook until cheese is bubbly.

QUEBEC-STYLE ROAST GOOSE

Karlin Bailey
Oklahoma Dept. of Wildlife

10 slices white bread
1 c. dried currants
4 apples, peeled and sliced
1 Tbsp. dried thyme
¼ Tbsp. melted butter
1 Tbsp. vegetable oil
1 goose (8 to 10 lb.)
1 chopped onion
1 chopped carrot

1 chopped celery stalk
1 clove garlic, minced
1 bay leaf
3 whole cloves
1 sprig fresh thyme
1 sprig fresh marjoram
¼ c. white wine
1 tsp. tomato paste
1 (10 oz.) can chicken bouillon

Preheat oven to 375°. Make stuffing by combining bread, currants, apples, thyme, salt, pepper and melted butter. Stuff, truss and tie goose. Prick bird all over with fork. Heat oil in roasting pan on top of stove. Brown goose

lightly on all sides, then drain off pan drippings. Set goose, breast side up. Add a little water. Cover and roast at 375° for 1 hour.

Combine chopped onion, carrot, celery, the garlic, bay leaf, cloves, thyme and marjoram. Discard fat from roasting pan. Add vegetable mixture and continue roasting, uncovered, 20 to 25 minutes per pound (3 to 4 hours in all), draining off fat at intervals and adding more water as required. Transfer cooked goose to platter and keep warm. Skim off remaining fat in pan and heat drippings and vegetables on top of stove until mixture is reduced. Then stir in white wine, tomato paste and chicken bouillon. Simmer for 10 to 15 minutes, then strain gravy. A little cornstarch mixed with water may be blended in to thicken gravy, if desired. Serve goose with gravy, applesauce, mashed potatoes and braised cabbage. Makes 6 to 8 servings.

LONE STAR BRISKET

Terri Shaw

1 (5 to 7 lb.) beef brisket,
trimmed
2 ½ tsp. seasoned salt
1 tsp. pepper
2 garlic cloves, minced

2 medium sized red onions,
thinly sliced and separated
into rings
2 celery ribs, chopped
1 (12 oz.) bottle chili sauce
¼ c. water
1 (12 oz.) can beer

Preheat oven to 300°. Sprinkle brisket with salt, pepper and garlic. Place half each of onion rings and celery in bottom of a lightly greased roasting pan. Place brisket over vegetables, fat side up. Top with remaining onion rings and celery. Pour chili sauce and ¼ cup water over top. Bake at 300° for 1 ½ hours, basting every 30 minutes. Pour beer over brisket. Tightly cover pan with double-layered heavy-duty aluminum foil and bake 3 to 4 more hours.



QUICK FIX BEEF BURRITO SKILLET

Connie Fincher

1 lb. lean ground beef
1 (1 ¼ oz.) pkg. Taco Bell
seasoning mix
1 (19 oz.) can kidney beans,
drained and rinsed
1 c. salsa
1 c. water

4 flour tortillas (6-inch), cut into
1 ½-inch squares
1 c. Mexican-style shredded
cheese
⅓ c. sour cream
⅓ c. green onions, chopped

Brown meat in large skillet and drain. Add seasoning mix, beans, salsa and water; stir. Bring to a boil. Reduce heat to medium-low and simmer for 5 minutes. Stir in tortillas; top with cheese. Cover; let stand 5 minutes or until cheese melts. Top with onions and sour cream.

BEEF FILETS IN BALSAMIC SAUCE

John Shaw

Sauce:

4 Tbsp. extra virgin olive oil
4 Tbsp. butter
1 yellow onion (medium),
sliced thin
1 pinch salt

1 pinch black pepper
½ c. dry white wine
½ c. Marsala wine
½ c. beef broth
2 Tbsp. balsamic vinegar

Beef:

6 beef tenderloin filets (6 oz.
size)

1 dash parsley, finely chopped
1 fresh rosemary sprigs

Sauce: Heat oil and butter in large saute pan over medium heat. Add sliced onion, salt and pepper; cook 10 minutes or until caramelized (softened and golden browned), stirring frequently. Add wines, broth and vinegar; bring to a boil. Reduce heat and simmer for 10 to 15 minutes or until sauce is reduced by half.

Beef: Lightly rub filets with oil; season with salt and pepper. Grill to preferred temperature. Place onion and

sauce on a platter and top with steaks. Garnish with parsley and rosemary.

CORNBREAD TACO BAKE

Ginger Anglin

1 lb. ground beef
1 (8 oz.) box corn muffin mix
1 pkg. taco seasoning
 $\frac{1}{2}$ c. water
1 can whole corn

$\frac{1}{2}$ c. chopped green pepper
 $\frac{1}{2}$ c. chopped onion
 $\frac{1}{3}$ c. Cheddar cheese
1 (8 oz.) can tomato sauce

Preheat oven to 400°. Brown ground beef and drain. Stir in taco seasoning, water, corn, green pepper and tomato sauce. Pour into a 2-quart dish. Make up corn muffin mix to package directions. Mix in chopped onions in the cornbread batter. Spoon the cornbread mixture around the outer edge of the casserole. Bake, uncovered, for 25 to 30 minutes. Sprinkle cheese on top and bake a few more minutes or until cheese melts.

FAJITAS

Holly Gray

1 lb. sirloin steak, cut into strips
1 lb. chicken breast, cut into strips
black pepper
jalapeno peppers and juice to taste
vegetable oil

1 onion, sliced
3 green bell peppers, sliced into strips
1 lime
oregano
8 flour tortillas

Slice onion, green peppers, beef and chicken into thin strips. Cut meat and vegetables on separate cutting boards. Cook chicken strips in vegetable oil. Add black pepper and juice from jalapenos. Cook beef strips same as chicken. Keep meats warm on hot platter or in oven.

In a separate pan, cook onion, bell peppers and jalapenos in oil. Squeeze lime over veggies and mix well. Add dash of oregano. Heat tortillas in microwave according to package instructions. Place meat and veggies on

a tortilla and top with salsa and sour cream. Fold and enjoy. Serves 6 to 8.

COWBOY CASSEROLE

Brooke Ferris
Executive Chef, Heaven

1 lb. hamburger
1 onion
15 oz. can Ranch Style beans

15 oz. can Spanish rice
grated Cheddar cheese

Preheat oven to 350°. Brown hamburger and onion; drain excess fat. Add beans and rice; heat. Sprinkle with cheese. Bake at 350° until melted. (I usually just put the lid on the skillet and heat until the cheese is melted.)

ENCHILADA CASSEROLE

Bobbie Lee Jarvis

2 lb. ground chuck
1 medium onion, chopped
2 (8 oz.) ~~can~~ tomato sauce
1 (11 oz.) can Mexicom,
drained
1 (10 oz.) ~~can~~ enchilada sauce
1 tsp. chili powder

½ tsp. pepper
¼ tsp. salt
1 (6 oz.) pkg. corn tortillas,
divided
2 c. (8 oz.) shredded Cheddar
cheese, divided
green chile peppers (garnish)

Preheat oven to 375°. Cook beef and onion in a large skillet until beef is browned, stirring until it crumbles; drain. Stir tomato sauce and next 6 ingredients into meat mixture; bring to a boil. Reduce heat to medium. Cook, uncovered, for 5 minutes, stirring occasionally. Place ½ tortillas in bottom of a greased 13 x 9 x 2-inch baking dish. Spoon ½ of beef mixture over tortillas. Sprinkle with 1 cup cheese. Repeat layers with remaining tortillas and beef mixture. Bake at 375° for 10 minutes. Sprinkle with remaining cheese. Bake 5 additional minutes or until cheese melts. Garnish if desired.

In memory of Brooke Ferris.

BEEF STROGANOFF

Reynae Bennett

2 lb. beef chuck
salt and pepper
1 stick butter
1 onion, chopped
5 Tbsp. flour

1 can condensed beef broth
or 4 beef bouillon cubes in 2
c. water
1 tsp. prepared mustard
6 oz. can mushrooms
1/3 c. sour cream

Melt 1 stick of butter. Brown meat and push to one side. Add chopped onion and cook slowly for a few minutes. Push to one side and stir flour into the drippings. Add condensed beef broth. Bring this to a boil, stirring constantly. Turn heat down. Stir in the mustard. Cover and simmer 1 hour.

Five minutes before serving, drain mushrooms and add sour cream; simmer. Serve over rice or noodles.



BEEF AND MUSHROOM STROGANOFF

Peggy M. Walker, MS, RD, LD
Mississippi State University Extension Service

1 lb. lean beef sirloin, sliced
into thin strips
salt to taste
freshly ground black pepper
2 Tbsp. olive oil
1 medium onion, sliced
2 cloves garlic, minced
1 lb. fresh mushrooms, sliced

1 c. nonfat sour cream
1/2 c. chopped tomatoes
(canned or fresh)
1 Tbsp. Worcestershire sauce
1/4 tsp. hot sauce (such as
Tabasco)
2 c. cooked hot egg noodles

Season the sirloin with salt and pepper. Heat the olive oil in a large skillet over high heat. Add the sirloin and brown on all sides, about 5 minutes total. Set the sirloin on a plate and keep warm. Reduce the heat to medium and add the onion. Season lightly with salt and pepper and cook, stirring occasionally, until the onions begin to soften, about 5 minutes. Add the mushrooms and cook until they are soft, about 7 more minutes. Add the garlic and cook for 1 minute more. Add the sour cream, tomatoes and

Worcestershire and hot sauces. Combine well and heat thoroughly. Add the sirloin and any juices. Taste and adjust the salt and pepper. Divide the egg noodles among 4 plates so that they form a small ring on the plate. Spoon the beef mixture into the center of each ring and serve.

STUFFED BELL PEPPERS

Marianne Christian

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|---|---|
| 1 lb. ground hamburger meat | 2 eggs |
| 4 large bell peppers, cut in half longway | salt and pepper to taste |
| 1 c. uncooked rice | 1 large can tomato sauce |
| 1 medium onion, chopped fine | (and 1 small can tomato paste if desired) |

Preheat oven to 400°. Combine rice according to package directions. Mix rice, meat, onion, eggs, salt and pepper and about $\frac{1}{3}$ of the tomato sauce. Fill each pepper half with the mixture. Place in casserole. Pour remaining tomato sauce on top. Add water so that the peppers are about half covered. May add a little tomato paste to thicken sauce if desired. Cover. Bake at 400° until done. Remove cover for a few minutes at the end to brown the tops.

PICADILLO

Caroline Lamar

- | | |
|-------------------|------------------------------|
| 1 lb. ground meat | 2 hot peppers, seeds removed |
| 1 bottle capers | olive oil |
| 1 small onion | 1 pkg. yellow rice |
| 1 garlic clove | 1 can black beans, drained |
| dash of Tabasco | |

Saute onion and garlic in olive oil. Add ground meat and continue cooking. Stir constantly until meat is "scrambled." Add capers, Tabasco and peppers which have seeds removed and minced. Cook until all ingredients are heated. Prepare rice by package directions. Heat black

beans separately, then layer yellow rice, then black beans and top with picadillo mixture.

EASY POT ROAST

JoAn Orfans

2 ½ to 3 lb. roast (cut fat off)
1 envelope brown gravy mix
1 can cream of mushroom and
garlic soup

1 can cream of mushroom
soup
1 can cream of celery soup
1 c. water

Preheat oven to 300°. Stir all of the ingredients together and pour over roast. Cover and bake at 300° for 4 to 5 hours.

1 POT ROAST

Ann King

3 to 4 lb. pot roast
1 red apple

1 onion

Quarter red apple and onion. Put in crock-pot and put roast on top. Cook 6 to 8 hours on low. Enjoy!

In memory of Bob Perkins, brother.

ROAST BEEF

Judy Hector

rump roast
Lipton mushroom and onion
soup mix

red potatoes
onions
carrots

Preheat oven to 325°. Pick a nice rump roast. Place in a roasting pan. Add Lipton soup mix with a cup of cold water. Add quartered potatoes, carrots and onions. Cook slowly at 325° for 15 minutes per pound or until done throughout. It will come out with the gravy already made from the soup mix and ready to eat.

SOUR CREAM CHILI BAKE

Lisa Dunavant

1 lb. ground beef
8 oz. tomato sauce
10 oz. enchilada sauce
16 oz. can pinto beans,
drained

1 Tbsp. onions (dried)
1 ½ c. Cheddar cheese,
shredded
½ (10 oz.) bag Fritos
1 c. sour cream

Preheat oven to 375°. Brown beef and drain. In 2-quart casserole, mix beef, tomato sauce, enchilada sauce, beans, onion and 1 cup of cheese. Reserve 1 cup of Fritos and mix with casserole. Cook, covered, at 375° for 30 minutes. Top with sour cream and cheese. Sprinkle Fritos around edge of dish. Bake 3 to 5 minutes until cheese melts.

CHILI CON CARNE

Reynae Bennett

1 lb. ground beef
2 medium onions, chopped
2 to 3 Tbsp. chili powder
2 cans red kidney beans
1 (1 lb. 12 oz.) can diced
tomatoes (undrained)

1 tsp. salt
⅛ tsp. pepper
1 tsp. garlic powder
1 Tbsp. sugar
1 c. catsup

In large skillet, saute beef with onion. Drain off fat. Add chili powder, salt, pepper, garlic powder, sugar, tomatoes, kidney beans, sugar and catsup. Simmer for 30 minutes.

CHILI MEAT LOAF

Brooke Ferris
Executive Chef, Heaven

2 lb. lean ground beef
1 (15 oz.) can chili with beans

2 eggs, slightly beaten
1 medium onion, chopped

Preheat oven to 350°. Combine ingredients. Shape into loaf. Place in a greased shallow baking dish. Bake at 350° for 1 hour.

MEXICAN MEAT LOAF

Sheri Turner

1 lb. lean ground beef
1 lb. ground turkey
1 pkg. taco seasoning
½ c. dry bread crumbs

1 small chopped onion
2 lightly beaten egg whites
⅓ c. ketchup
1 can Ro-Tel

Preheat oven to 425°. Combine all ingredients except Ro-Tel. Place in steak pan in a loaf shape. Line bottom pan with foil. Top evenly with Ro-Tel. Bake 45 to 60 minutes or until done. Cover and let sit for 10 minutes.

MEXICAN SALAD

Peggy Tyson

1 lb. ground beef
¼ c. chopped onion
2 c. kidney beans, drained
½ c. Kraft French dressing
½ c. water

1 Tbsp. chili powder
4 c. chopped lettuce
½ c. chopped green onion
8 oz. Cheddar cheese, grated
tortilla chips

Brown ground beef and onion. Drain. Add beans, dressing, water and chili powder. Simmer for 15 minutes. Mix with lettuce and most of cheese. Sprinkle with remaining cheese. Serve immediately with chips.

BARBARA'S GOURMET ITALIAN SPAGHETTI

Barbara Jordan Johnson

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|----------------------------|---------------------------------|
| 1 lb. ground beef | 1 tsp. marjoram |
| 1 lb. Italian sausage | ¼ tsp. allspice |
| 3 Tbsp. EVOO | 1 bay leaf |
| 1 large onion, chopped | 3 Tbsp. sugar |
| 2 garlic cloves, minced | 1 tsp. salt |
| 1 large can whole tomatoes | ¼ tsp. pepper |
| 2 small cans tomato paste | 1 pkg. dried imported mushrooms |
| 1 tsp. parsley | ½ c. red wine |
| 1 tsp. rosemary | vermicelli |
| ½ tsp. thyme | |
| 2 ½ tsp. oregano | |

Brown ground beef and sausage. Drain well on paper towels. Put the EVOO in a saucepan and cook the onion and garlic to translucent. In a Dutch oven, add the beef, sausage, onion, garlic and the EVOO, used for cooking the onion and garlic, and all other ingredients except the wine. Cook slowly for 3 hours, stirring occasionally. Add the wine the last 30 minutes of cooking. Prepare the vermicelli al dente in boiling salted water to which a tablespoon of EVOO has been added. Rinse well with cool water. To reheat, rinse with hot water; drain. Place vermicelli on a hot plate and cover with sauce. Top with cheese of choice. Serve with garlic bread.

ROTEL BAKED SPAGHETTI

Ginger Anglin

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|---|--|
| 2 lb. lean ground beef, browned | 1 Tbsp. oregano or Italian seasoning mix |
| 1 c. onion, chopped | 1 (10 ¾ oz.) can cream of mushroom soup |
| 1 c. green bell pepper, chopped | 2 c. shredded medium Cheddar cheese |
| 1 (28 oz.) can diced tomatoes with liquid | ¼ c. water |
| 1 can Ro-Tel tomatoes | 4 to 6 oz. sliced fresh mushrooms (optional) |
| 1 large can tomato paste | ¼ c. shredded Parmesan |
| 1 large can black olives, chopped | 12 oz. pkg. spaghetti, cooked and drained |

Preheat oven to 350°. Saute onion and bell pepper in a small amount of olive oil. Add tomatoes, olives, oregano and ground beef. Simmer, uncovered, for 10 minutes. Place half of the spaghetti noodles in a greased 13 x 9 baking dish. Top with half of the beef and veggie mixture. Sprinkle with 1 cup Cheddar cheese. Repeat layers. Mix soup and water until smooth. Pour over casserole. Sprinkle with Parmesan cheese. Bake, uncovered, at 350° for 40 to 45 minutes. Serves 10 to 12.

MISSISSIPPI DELTA TAMALES

Barbara Jordan Johnson

Filling:

6 to 8 lb. boneless meat (pork
shoulder, chuck roast or
chicken)
¾ c. vegetable oil
¼ c. chili powder
2 Tbsp. paprika
2 Tbsp. salt

2 tsp. black pepper
1 tsp. ground cayenne pepper
1 Tbsp. onion powder
1 Tbsp. garlic powder
1 tsp. ground cumin
corn husks

To prepare the filling, cut meat into large chunks and place in a large heavy pot. Cover with cold water. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until meat is very tender, 2 to 2 ½ hours. Remove meat and reserve cooking liquid. When meat is cool enough to handle, remove and discard any skin and large chunks of fat. Shred or dice meat into small pieces. Heat the vegetable oil in a large heavy pot over medium heat. Stir in chili powder, paprika, salt, pepper, cayenne, onion powder, garlic powder and cumin. Add meat and stir to coat with oil and spices. Cook, stirring often, until meat is thoroughly heated, 7 to 10 minutes. Set aside.

While meat is cooking, soak husks in a large bowl of very warm water until softened and pliable, about 2 hours. Gently separate husks into single layers, trying not to tear them. Wash off any dust and discard any corn silks.

Corn Meal Dough:

8 c. yellow corn meal or masa
mix (available in most
grocery stores)
4 tsp. baking powder
2 tsp. salt

1 $\frac{2}{3}$ c. lard or vegetable
shortening
6 to 8 c. warm meat broth
(from cooking the meat)

To prepare the Corn Meal Dough, stir corn meal, baking powder, salt and lard together in a large bowl until well blended. Gradually stir in enough warm meat broth to make soft, spongy dough the consistency of thick mashed potatoes. The dough should be quite moist, but not wet. Cover with a damp cloth.

To assemble the tamales, remove a corn husk from water and pat it dry. Lay husk on a work surface. Spread about $\frac{1}{4}$ cup of the dough in an even layer across the wide end of husk to within 1-inch of edges. Spoon about 1 tablespoon of meat mixture in a line down the center of dough. Roll husk so that dough surrounds filling and forms a cylinder or package. Fold bottom under to close. Place tamales in a single layer on a baking sheet. Repeat until all dough and filling is used. Stand tamales upright, closed side down, in a large pot. Place dough tamales in the pot so that they do not fall over or unroll. Carefully fill pot with enough water to come just to the top of the tamales, trying not to pour water directly into the tamales. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until dough is firm and pulls away from the husk easily and cleanly, about 1 hour. Serve tamales warm in their husks. Remove husks to eat. Yield: 7 to 8 dozen.

TAMALE CASSEROLE

Lisa Dunavant

Meat Mixture:

1 ½ lb. ground beef
1 c. onion, chopped
1 c. bell pepper, chopped
2 cans Ro-Tel tomatoes
1 pkg. chili mix
1 small can black olives,
sliced or chopped

jalapenos (if desired too)
8 oz. or more Cheddar cheese,
shredded
1 can whole kernel corn,
drained
2 Tbsp. Worcestershire sauce
salt and pepper to taste

Preheat oven to 400°. Brown ground beef, onion and bell pepper together and drain off grease. Mix all ingredients together and pour in 9 x 13-inch pan.

Corn Bread and Sour Cream Mixture:

1 box Jiffy corn bread mix

1 tub sour cream

Mix Jiffy corn bread mix with sour cream to look like cookie dough. Drop by spoonfuls over meat mixture. Cook about 15 to 25 minutes until golden brown at 400°. Add more cheese and sour cream if desired.

TATER TOT DELIGHT

Trudy Kelley

3 lb. ground beef
2 cans cream of mushroom
soup

4 cans favorite vegetables
2 (1 lb.) pkg. frozen Tater Tots
cheese slices

Preheat oven to 350°. Line bottom of casserole with slightly browned ground beef. Lightly season with salt and pepper. Empty can of mushroom soup in the middle. Thin soup down while spreading over ground beef with half of liquid from vegetables. Sprinkle drained vegetables over top of soup. Lay thin slices of cheese on top and arrange frozen Tater Tots on top. Cover with tinfoil and freeze. Thaw and remain covered for 1 hour at 350°. Remove cover and bake 15 minutes more.

QUESADILLAS

Peggy M. Walker, MS, RD, LD
Mississippi State University Extension Service

pan spray	salsa
10-inch flour tortillas (as many as needed)	sour cream
grated cheese (Monterey Jack, Colby, Cheddar or blend)	guacamole

Optional Toppings:

sliced jalapenos	seasoned cooked and crumbled ground meat
chopped green chilies	seasoned cooked and shredded chicken
chopped tomatoes	
chopped onion	

For Basic Quesadillas: Spray large skillet with pan spray. Place a single layer of tortillas in skillet on low-medium heat. Add grated cheese, about $\frac{1}{2}$ to 1 cup per tortilla. Place another tortilla on top of cheese. Heat until cheese is melted and tortillas are warm. Remove from skillet and place on plate or cutting board. Use a pizza cutter to cut into wedges. Serve with salsa.

To serve as a main dish, add optional toppings on top of cheese before placing tortilla on top. Continue to heat until warm all the way through.



BEEF TENDERLOIN

John Shaw

6 (4 oz.) beef tenderloin steaks	1 large clove garlic, minced
8 oz. fresh mushrooms, sliced	1 c. cooking sherry

In large nonstick skillet sprayed with cooking spray, saute mushrooms and garlic for 4 minutes. Add sherry and cook until liquid is reduced. Stir frequently. Set aside to keep warm. Broil tenderloin steaks for 5 minutes on each side. Arrange on platter and pour heated sherried mushroom sauce over steaks. Makes 6 servings.

STUFFED TENDERLOIN

Nolan Andrews
Father Andy's Brother

1 tenderloin of beef, pork or
venison

2 pears
Gorgonzola cheese

Preheat oven to 375°. Butterfly tenderloin and lay open. Slice pears thin, then lay in the tenderloin. Crumble the cheese on top of pears. Roll the tenderloin, making sure the pears and cheese stay inside; either toothpick or tie tenderloin with butchers twine. Brown on all sides in a cast-iron skillet and finish in the oven at 375° for 30 minutes.

TEXAS HASH

Faith Calvert

1 ½ lb. ground chuck or sirloin
1 large onion, sliced
1 large green bell pepper,
chopped
2 (14.5 oz.) cans diced
Mexican tomatoes
1 can water
½ tsp. garlic powder
½ tsp. onion powder

1 ½ Tbsp. chili powder
1 Tbsp. chopped jalapenos
(from jar, not fresh)
2 c. uncooked rice
salt and pepper to taste
1 c. grated sharp Cheddar
cheese
1 c. grated Monterey Jack
cheese

Preheat oven to 400°. In large frying pan, brown meat and drain grease off. Add onion and bell pepper, cooking to just before tender. Then add tomatoes, water, garlic powder, onion powder, chili powder, jalapenos, salt, pepper and rice. (May add additional water if too thick.) Bring mixture to boil for 10 minutes. Pour mixture into a large casserole dish and top with cheeses. Bake at 400° for approximately 35 to 40 minutes until cheese is brown and rice tender.



SIRLOIN WITH TOMATO, OLIVE AND FETA TOPPING

Amanda Jones, RD
Healthy Heart Consultant

2 medium garlic cloves,
minced
1 tsp. dried oregano, crumbled
1 tsp. grated lemon zest
2 Tbsp. fresh lemon juice

¼ tsp. pepper
1 lb. boneless top sirloin steak,
all visible fat discarded and
cut into 4 pieces

Topping:

2 c. grape tomatoes or cherry
tomatoes, halved
2 Tbsp. chopped kalamata
olives, rinsed and drained

2 Tbsp. crumbled reduced-fat
Feta cheese, rinsed and
drained
1 Tbsp. red wine vinegar
vegetable oil spray

In a large airtight plastic bag, combine the garlic, oregano, lemon zest, lemon juice and pepper. Add the steak and turn to coat. Seal the bag and refrigerate for 30 minutes to 8 hours, turning occasionally.

Meanwhile, in a medium bowl, stir together the topping ingredients. Cover and refrigerate until ready to serve.

Drain the steaks. Discard the marinade.

Heat a large nonstick skillet over medium-high heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the steaks for 4 to 5 minutes on each side or until the desired doneness. (Or grill or broil 5 to 6-inches from the heat as directed.)

To serve, place each steak on a plate. Spoon the topping over each serving.



HAWAIIAN CALZONE

Mayo Clinic

4 oz. Canadian bacon, diced
1 green onion, chopped
1 medium tomato, chopped
¼ red bell pepper, roasted
and chopped
1 ½ Tbsp. crushed pineapple,
drained well
1 Tbsp. fat-free honey Dijon
salad dressing

1 (10 oz.) can whole wheat
bread dough (refrigerated or
frozen)
¼ c. shredded mixed cheese
(such as Provolone,
Parmesan, Romano and
Mozzarella)
1 tsp. olive oil
1 c. pizza sauce

Preheat oven to 400°. Lightly coat a baking dish with cooking spray. In a large bowl, add the Canadian bacon, onion, tomato, roasted red pepper, pineapple and salad dressing. Mix well. On a floured surface, cut the dough into quarters. Press each piece into a circle. Using a rolling pin, roll the dough into an oval. On each oval, add the Canadian bacon mixture and 1 tablespoon cheese. Fold the dough over the filling, pressing the edges together. Crimp with a fork and place on the prepared baking sheet. Brush the calzones with the olive oil. Bake until golden brown, about 10 minutes. Top each with ¼ cup warmed pizza sauce and serve immediately.



HAM IN WINE SAUCE

Joe Scott

1 ½ lb. lean cooked sliced
ham
1 c. currant jelly

1 c. red cooking wine
¼ Tbsp. sugar

Combine jelly, wine and sugar in saucepan. Cook over medium heat until mixture comes to a boil, stirring constantly. Continue to boil to a thick syrup. Serve over heated slices of ham. Makes 8 servings.

HAM WITH RED-EYE GRAVY

Bobbie Lee Jarvis

6 slices country ham (¼-inch thick)

¼ c. margarine

¼ c. firmly packed brown sugar

½ c. strong black coffee

Sauté ham in margarine over low heat until light brown, turning several times. Remove ham from skillet; cover with foil to keep warm. Stir sugar into pan drippings and heat until sugar dissolves, stirring constantly. Add coffee and simmer 5 minutes. Season gravy to taste. Serve over ham slices.

PORK CHOPS WITH RED CABBAGE

Ruth Edgerton

(Stove Top)

4 loin pork chops, cut 1-inch thick

1 large onion, chopped

1 (15 oz.) jar sweet/sour red cabbage

1 apple, quartered, cored and sliced

Brown pork chops in nonstick skillet. Remove chops. Sauté onion until tender. Arrange chops over onions. Place cabbage and apple slices over top of pork chops. Cover and simmer for 30 minutes or until chops are cooked thoroughly.



MUSTARD-APRICOT PORK CHOPS

Jeff Detrick

(Broil)

⅓ c. apricot preserves

2 Tbsp. Dijon mustard

4 (¾-inch) pork chops

3 green onions, chopped

Combine preserves and mustard in small saucepan. Heat until preserves melt, stirring. Set aside. Place chops on lightly greased broiler pan. Broil 5 minutes. Brush chops

with half of the glaze and turn. Broil 5 minutes longer. Turn and brush with remaining glaze. Broil 2 minutes. Garnish with green onions before serving.



SPICY CHOPS

Lynn Coates

4 boneless pork loin chops
($\frac{1}{2}$ -inch thick)
 $\frac{1}{4}$ c. picante

2 Tbsp. water
2 Tbsp. marmalade

Place pork chops in baking dish. Mix picante, water and marmalade. Pour over chops, turning to coat. Marinate about 1 hour. Broil chops about 8 to 10 minutes per side, basting with leftover marinade.

PORK AND ONIONS WITH ORANGE GLAZE

Jean Allison

This simple 5 ingredient recipe starts with pork tenderloin, adds some flavorful ingredients and is quick and easy.

2 Tbsp. oil
1 lb. pork tenderloin, cut
crosswise into $\frac{1}{4}$ -inch slices
1 onion, chopped

$\frac{3}{4}$ c. orange marmalade
2 Tbsp. chili sauce
2 Tbsp. water
2 c. fresh snow pea pods

Heat oil in large heavy skillet or wok. Add pork and stir-fry for 3 to 4 minutes until pork is cooked. Remove from skillet. Add onion to skillet or wok and stir-fry for 2 to 3 minutes until crisp-tender. Add marmalade, chili sauce, water and pea pods. Cook and stir 3 to 4 minutes until vegetables are crisp-tender. Return pork to skillet and stir-fry an additional 2 minutes until thoroughly heated. Makes 4 servings.

1 PINEAPPLE PORK

Flo Anderson
Executive Chef, Heaven

- | | |
|--|---------------|
| 2 lb. lean pork shoulder meat,
cut in 1-inch cubes | ¼ c. vinegar |
| 1 (14 oz.) can pineapple
chunks, drained, reserving
liquid | 1 tsp. ginger |

Combine all ingredients and simmer in nonstick skillet for 1 hour. Add pineapple liquid if needed. Chill. Skim off fat and reheat. Good served over rice. Makes 8 servings.

SWISS CHEESE, HAM AND NOODLE CASSEROLE

Lorraine Atkey

- | | |
|--|--|
| 2 Tbsp. butter or margarine | 1 (8 oz.) pkg. medium noodles,
cooked and drained |
| ½ c. chopped onion | 2 c. (8 oz.) shredded Swiss
cheese |
| ½ c. chopped green pepper | 2 c. cubed cooked ham
(about ¼ lb.) |
| 1 (10 ½ oz.) can condensed
cream of mushroom soup | bread crumbs (for top) |
| 1 c. sour cream | |

In a quart saucepan, melt butter. Saute onion and green pepper. Remove from heat. Stir in mushroom soup and sour cream. In a buttered 2-quart casserole, layer ⅓ of noodles, ⅓ of Swiss cheese, ⅓ of ham and ½ of the mushroom sauce. Repeat layers, ending with ⅓ layer of noodles, cheese and ham. Bake at 350° for 30 to 45 minutes or until heated through. Serves 6 to 8.

TEX MEX CHOPS

Dawn Davis

(Stove Top)

- | | |
|-----------------------|------------|
| 4 boneless pork chops | 1 c. salsa |
| 1 Tbsp. vegetable oil | |

Season pork chops to taste. In skillet, brown both sides of chops in oil. Add salsa and lower heat. Simmer 30 minutes or until chops are thoroughly cooked.

CHAURICE

Sean Zeringue

4 lb. lean fresh pork
2 lb. fat fresh pork
3 tsp. salt
2 tsp. black pepper
½ tsp. cayenne pepper
½ tsp. chili powder
1 tsp. paprika

2 large onions
1 clove garlic
1 sprig thyme
sprig of parsley, minced
2 bay leaves
½ tsp. allspice
1 pkg. casings

Grind the pork as fine as possible (I like mine coarse), mixing fat and lean. Add seasonings and mix thoroughly. Mince the onions, garlic and herbs very fine and add with the allspice. Soak the casings for an hour before you start the stuffing. Fill the casings with the pork mixture and tie in lengths to make about a 6 to 8-inch sausage. The high seasonings is characteristic of Creole sausage. Makes about 6 pounds of sausage.

Chaurice with Creole Sauce:

1 clove garlic
1 onion
1 c. chopped tomatoes

1 tsp. fat
½ c. water

For 2 pounds chaurice, mince the garlic and onion and brown with the tomatoes in the fat. Add chaurice, pricked; simmer 5 minutes. Add water, cover and simmer 20 minutes.

Chaurice with Potatoes: Prick 2 pounds chaurice and arrange in the bottom of a baking dish. Cover with 3 cups mashed potatoes well seasoned with butter, cream, salt and pepper and thoroughly beaten. Beat egg well. Spread over potatoes. Bake at 375° for 30 minutes. Serves 6.

Smoked: If you decide to smoke your sausage, leave out the live onions and garlic. It tends to make the sausage have a sour taste because of the smoking process.

Anyway, hang your sausage on ½-inch wooden dowels in the smokehouse, leaving a good 2 to 4-inches between links. Use oak or pecan or any local hardwood. Make a medium stake of wood smolder for at least 6 to 8 hours. Only check on the sausage during this smoking period if it stops smoking. You know it is done when the meat is a dark red.

CAJUN RED BEANS AND RICE

Marianne Christian

(By Way of Real Bayou Cooks)

- | | |
|------------------------------------|--|
| 1 lb. sausage (in medium hot roll) | 2 cans Van Camp's Louisiana red kidney beans |
| 1 lb. link sausage (small) | 1 can regular kidney beans |
| 1 to 2 lb. hickory smoked sausage | 1 Tbsp. A.1. steak sauce |
| 2 cloves garlic | 1 Tbsp. Worcestershire sauce |
| 1 large onion | 1 Tbsp. Heinz 57 sauce |
| 1 bell pepper | 1 Tbsp. mustard |
| 2 corn whole tomatoes, chopped | 1 Tbsp. hot sauce |
| | ½ c. ketchup |
| | 1 bay leaf, crushed |

Cook sausages and then drain. Put in crock-pot. Sauté garlic, onion and pepper. Drain. Put in crock-pot. Add tomatoes and juice. Drain regular kidney beans and add. Add other beans; do not drain. Add spices. Cook in crock-pot as long as you want. Serve over rice.

POLISH SAUSAGE WITH RED CABBAGE

Caroline Lamar

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|---------------------------|------------------------------------|
| 1 medium size red cabbage | ¼ c. sugar |
| ¼ c. lemon juice | salt and pepper to taste |
| 2 Tbsp. butter | 2 apples, peeled, cored and sliced |
| 1 lb. Polish sausage | |

Shred cabbage. Scald with boiling water and drain. Pour lemon juice over cabbage. Melt butter. Add cabbage, apples and seasoning. Cover and simmer for 30

minutes. Top with sausage and continue cooking for 15 minutes longer.

LOW-CARB CRUSTLESS PIZZA

Sarah Ellis

1 ½ pkg. sausage
1 pkg. pepperoni
16 oz. pkg. shredded
Mozzarella cheese

12 oz. pkg. shredded Cheddar
cheese
12 oz. jar pizza sauce (Kroger
brand has the best flavor)

Preheat oven to 350°. Cook sausage and drain. In a 10-inch iron skillet or casserole bowl, layer the ingredients as follows: sausage, pizza sauce, pepperoni, Mozzarella cheese, sausage, pizza sauce, pepperoni, Mozzarella cheese and Cheddar cheese. Place in oven and bake until the cheese is bubbly and the edges of the cheese start turning brown (20 to 30 minutes).



NEW ORLEANS JAMBALAYA

Sara Bell

Mother of Caroline Lamar

1 lb. smoked sausage or ham,
cut in ½-inch cubes
½ c. vegetable oil
1 bunch scallions (green
onions; bulbs plus 3-inches
green tops), chopped
1 large green bell pepper,
chopped
½ c. celery, sliced or diced
¼ tsp. whole leaf thyme

2 whole bay leaves
2 to 6 garlic cloves, minced
(according to taste)
½ tsp. salt
1 pinch cayenne pepper
2 lb. raw shrimp, peeled
2 (1 lb.) cans tomatoes
1 (6 oz.) can tomato paste
½ lemon, quartered
3 c. cooked long grain rice

Cook sausage or ham in hot oil until light brown. Add onions, scallions, green pepper, celery, thyme, bay leaves, celery, salt and cayenne pepper. Cook 3 minutes longer. Add shrimp, tomatoes with liquid, tomato paste and lemon quarters. Simmer slowly, uncovered, tossing often with fork until shrimp are pink. Remove bay leaves and lemon. Stir in rice. Makes 8 servings.

Note: This recipe may be made with 2 pounds of cooked diced chicken or chicken livers, instead of shrimp.



PINEAPPLE LAMB CHOPS

Lindsay Anglin

3 Tbsp. orange juice
2 Tbsp. honey
½ tsp. salt
dash of white pepper

20 oz. can pineapple tidbits,
drained
1 Tbsp. chopped fresh mint

Mix orange juice, honey, salt and pepper in small bowl. Place lamb chops on broiler pan. Brush with the orange juice mixture. Broil about 5-inches from heat about 5 to 6 minutes or until brown. Turn; brush with more orange juice mixture and broil 6 to 9 minutes or until brown and to desired doneness.

Meanwhile, in small saucepan, combine remaining orange juice mixture, pineapple and mint. Heat to boiling, stirring occasionally. Broil for 2 minutes and serve with the lamb chops. Serves 4.

CRAWFISH ETOUFFEE

Sean Zeringue

1 c. crawfish tails
4 medium onions, minced
2 stalks celery, minced
2 cloves garlic, minced
3 medium bell peppers,
minced

chopped onion tops
chopped parsley
salt and pepper
cooking oil
crawfish fat (saved when
cleaning crawfish)

Mince onions, celery, bell peppers and garlic. Fry in enough cooking oil to cover vegetables and cook until golden brown. Pour off excess fat and add crawfish tails with crawfish fat. Salt and pepper to taste. Add 1 cup or more hot water according to desired thickness of gravy. Let simmer in a covered pot until tails are tender. Add onion tops and parsley and serve with rice.

CREAMY CRAWFISH FETTUCCINE

Kelley Cook

1 bell pepper, chopped
2 medium onions, chopped
2 cloves garlic, minced
 $\frac{3}{4}$ c. unsalted butter
 $\frac{1}{4}$ c. all-purpose flour
1 c. half and half
1 garlic cheese roll, cut into small pieces

6 drops Tabasco sauce
 $\frac{1}{2}$ tsp. cayenne pepper
1 lb. frozen crawfish tails, thawed and liquid reserved
 $\frac{3}{4}$ lb. fettuccine noodles, cooked
chopped fresh parsley (for garnish)

Sauté bell pepper, onions and garlic in butter until onions are light brown. Gradually blend in flour. Add half and half and stir constantly over medium heat until mixture thickens. Add cheese pieces and continue to stir until cheese melts. Blend in Tabasco sauce, cayenne and crawfish with liquid. Pour over cooked fettuccine noodles and garnish with fresh parsley.

COURT BOUILLON

Sean Zeringue

Originally a Creole soup, Court Bouillon in Louisiana is now a principal dinner course in its own right.

1 (3 to 4 lb.) fish, cut in filets
2 Tbsp. butter
1 clove garlic, chopped
1 medium onion, chopped
1 bell pepper, chopped
1 small can chopped or sliced mushrooms
3 Tbsp. flour
1 can tomato paste
 $\frac{1}{2}$ can tomatoes, mashed

2 c. water
1 c. vinegar
1 lemon, sliced
 $\frac{1}{4}$ tsp. powdered thyme
 $\frac{1}{4}$ tsp. powdered basil
 $\frac{1}{4}$ tsp. powdered allspice
2 bay leaves
salt and Louisiana hot sauce to taste

In a large pot, melt the butter. When hot, add onions, green pepper, garlic and drained mushrooms. Saute until onions are wilted and clear. Add flour; stir until browned lightly, then add tomatoes, tomato paste, water, vinegar, lemon and seasoning. Simmer 1 hour or until tomato paste

is darkened. Add wine; bring to a boil, then place the fish filets gently into the sauce. Cook fish ONLY 10 MINUTES. Remove the bay leaves. Serve the filets on a bed of rice with the sauce poured over them. Garnish with parsley and lemon slices.

CRAWFISH GUMBO

Sean Zeringue

1 c. shortening
1 c. flour
1 small onion

2 gal. live crawfish
8 c. water

Heat shortening. Add flour; stir until brown. Add onions and garlic; stir until onions are soft. To this, add the fat that has been extracted from the crawfish heads, stirring constantly until shortening floats on top. Add water and seasoning and let simmer on slow fire for 30 minutes.

Thirty minutes before serving, add shelled crawfish and let simmer on slow fire for 30 more minutes.

Just before serving, add parsley, onion tops, celery, gumbo file and hot sauce.

DARLENE'S GUMBO

Darlene Camell

½ c. salad oil
½ c. flour
1 large onion, chopped
2 to 3 garlic cloves, minced
1 lb. can tomatoes (undrained)
1 ½ lb. frozen okra (equivalent fresh)
oil (for frying okra)
2 qt. hot water
3 ½ tsp. salt

¾ tsp. red pepper
1 large bay leaf
¼ tsp. thyme
8 to 10 allspice berries
few grains chili pepper
2 lb. shrimp (headless)
1 lb. claw crab meat, picked
1 pt. oysters
½ c. green onions, chopped
½ c. parsley, chopped

Make a very dark roux in a large pot. Add onions and garlic; cook slowly until onions are transparent. Add tomatoes and cook on low heat until oil rises to the top, about

30 minutes, stirring frequently. In separate skillet, fry okra in oil on moderately high heat. Add the okra to the other mixture; stir and simmer 10 minutes. Add water, salt and pepper; simmer, partially covered, 45 minutes. Add other seasonings and simmer an additional 20 minutes more. Add the oysters the last 5 minutes of cooking. Taste carefully for seasoning, adding more if necessary. Remove from heat and stir in green onions and parsley. Serve over rice. Serves 8 to 10.

MIMI'S SCALLOPED OYSTERS

Marianne Christian

6 Tbsp. oleo

2 c. bread or cracker crumbs

1 pt. oysters

salt and pepper

½ c. milk

Melt oleo. Add crumbs and mix. Spread ⅓ crumbs in baking dish and ½ oysters, then rest of crumbs and rest of oysters. Pour milk over top. Bake at 350° for 30 minutes in moderate oven.

SUPER SALMON SUPPER

Lorraine Atkey

1 (15 ½ oz.) can salmon

3 c. cooked egg noodles

1 c. grated Cheddar cheese

1 c. frozen peas, thawed

¼ c. sliced onions

2 Tbsp. minced parsley

1 can condensed cream of
celery soup

½ c. dairy sour cream

1 Tbsp. lemon juice

½ tsp. dry mustard

salt and pepper to taste

grated Parmesan cheese

Drain and flake salmon; reserve liquid and combine flaked salmon and liquid with remaining ingredients, except Parmesan cheese. Place in buttered 2-quart casserole and sprinkle with Parmesan cheese. Bake at 350° for 30 to 40 minutes. Garnish with slice of lemon and parsley.

BOW TIE PASTA SHRIMP

Melanie Saffold

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|--|---|
| 1 pkg. bow tie pasta, cooked and drained | ½ tsp. pepper |
| 1 stick butter | 1 can cream of mushroom soup |
| 1 c. onion, chopped | ⅓ lb. Velveeta cheese |
| 1 c. green bell pepper, chopped | 1 (8 oz.) carton half and half |
| 1 c. celery, chopped | 2 Tbsp. grated Parmesan cheese |
| ¼ tsp. cayenne pepper | 2 lb. shrimp, cooked, peeled and deveined |
| 1 tsp. salt | |

Preheat oven to 350°. Saute onion, bell pepper and celery in butter until tender. Add red pepper, salt and pepper, cream of mushroom soup, Velveeta cheese, half and half and Parmesan cheese. Cook 15 to 20 minutes. Add shrimp. Pour mixture over pasta and bake in casserole dish for 15 minutes.

GRANDMOTHER'S SEAFOOD GUMBO

Ginger Anglin

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|--------------------------|------------------------------|
| 4 Tbsp. oil | 4 qt. water |
| ⅔ c. flour | 3 cans tomatoes |
| 2 large onions, chopped | 5 bay leaves |
| 4 cloves garlic, chopped | 3 Tbsp. Worcestershire sauce |
| 2 c. ham, chopped | 3 lb. small peeled shrimp |
| 5 c. okra, chopped | 1 lb. crabmeat |

Heat oil in a heavy large skillet. Add flour and brown slowly until very dark brown. Be careful to keep stirring and do not burn. Add chopped onions and garlic. Add ham and brown all together. Add okra and brown again very slowly.

In a large pot, bring to a boil the water, tomatoes, bay leaves and Worcestershire sauce. Add browned mixture. Cook about 4 hours at a simmer. Add the shrimp and crabmeat. Cook another 2 hours longer. Serve over a bowl of rice.

SEAFOOD CASSEROLE

Marianne Christian

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|---|--------------------------------|
| 4 hard-boiled eggs, finely chopped | 1 can crab meat, drained |
| 1 onion, grated or chopped fine | ½ c. mayonnaise |
| 2 small cans shrimp, drained (I use 2 c. fresh shrimp, cooked and peeled) | 1 can pimento |
| | 4 slices bread |
| | 1 c. milk |
| | ¼ lb. grated cheese |
| | 1 can oysters, drained (I add) |

Soak bread in 1 cup sweet milk. Mix onion, shrimp, crab meat, oysters and pimento and stir all together with mayonnaise, milk and bread. Pour into a casserole and add cheese to top. Bake 1 hour at 300°.

SHRIMP CREOLE CAJUN STYLE

Marianne Christian

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|---|--|
| ⅓ c. vegetable oil | 1 large bay leaf, minced |
| 6 scallions, chopped (small onions) | 1 Tbsp. minced fresh thyme or ¾ tsp. dried leaf thyme |
| 1 large onion, chopped | 1 Tbsp. minced parsley or parsley flakes |
| 2 medium green bell peppers, chopped | ½ tsp. freshly ground pepper |
| 4 minced garlic cloves | ½ tsp. cayenne pepper or 1 tsp. hot sauce |
| 3 celery stalks, chopped | salt to taste |
| 4 large tomatoes, peeled and chopped or 2 cans whole or diced tomatoes (do not drain) | juice of 1 lemon |
| 1 ½ c. Burgundy wine (we use our favorite cheap wine) | 1 lb. uncooked medium shrimp, peeled and deveined (may cook shrimp first in spices and then) |
| 1 c. seafood stock or 1 bottle clam juice (I use a can or 2 of crabmeat) | hot cooked rice |

Saute onions, bell peppers, garlic and celery. Cook about 10 minutes. Add tomatoes and wine. Cook until liquid is reduced by half. Add everything except shrimp. Cover and cook over medium-low heat for 30 minutes. Stir in shrimp; cook 10 minutes. Pour over rice.

I put the hot sauce on the table so each person can add their own.

LINGUINE GAMBERINI

Dominick Montes
Executive Chef, Memphis, TN

1 lb. shrimp, peeled and
deveined
3 cloves garlic, finely minced
1 onion, finely chopped
3 Tbsp. olive oil
2 Tbsp. flour

½ c. dry Marsala
1 c. chicken broth
½ c. Italian parsley, minced
salt and pepper
1 lb. linguine, cooked

Heat olive oil in a large skillet. Add garlic. Stir for 30 seconds. Add onion and cook until transparent, stirring occasionally. Add flour and stir until well mixed. Whisk in the broth, wine and parsley. Bring to a boil and cook for a couple of minutes, stirring constantly. Lower heat to medium and add shrimp; cook until shrimp are just pink and done. Pour over cooked linguine and serve.

SHRIMP CAPER PASTA

Kris Dietrich

½ c. good olive oil
¼ c. butter
½ large mild onion, coarsely
chopped
1 can petite diced tomatoes
with juice or 4 to 5 nice,
large fresh tomatoes, peeled,
seeded and chopped
(summer version)

1 lb. fresh shrimp
2 oz. or to taste capers with
some of the brine
1 oz. angel hair or vermicelli
pasta

Melt butter with olive oil in large frying pan. Add chopped onion and simmer until onion begins to look translucent. Add tomatoes with juice and simmer a couple of minutes until sauce thickens a little. Add peeled raw shrimp and capers and cook until shrimp are pink. Pour

over cooked and drained pasta; toss and season with freshly ground black pepper to taste. Enjoy!

CAMARONES RANCHEROS

Jim Bennett

1 c. white wine
½ bell pepper, cut into strips
¼ onion, cut into strips
1 Tbsp. butter

2 cloves crushed garlic
2 Tbsp. tomato sauce
½ c. jalapenos
4 to 5 prawns

Pour wine into a pan and add the pepper, onion, butter, garlic, tomato sauce and jalapenos. Bring to a boil. Once the mixture is boiling, put the prawns into the pan and let them simmer for 10 to 15 minutes. Serve with rice, beans and flour tortillas.

MARY LYNN'S SHRIMP ROCKEFELLER

Mary Lynn Andrews
Father Andy's Mother

1 stick butter
1 box chopped spinach
½ head shredded lettuce
6 chopped green onions
½ c. chopped celery
½ c. chopped parsley
½ c. bread crumbs
1 tsp. salt
⅛ tsp. pepper

2 lb. raw shrimp
½ stick butter
4 Tbsp. flour
2 c. milk
2 c. light cream
¼ c. Parmesan cheese
salt and pepper to taste
¼ c. bread crumbs
dry sherry to taste

Melt 1 stick of butter. Add spinach, lettuce, green onions, celery and parsley. Cover and simmer 10 minutes. Add bread crumbs, salt and pepper. Spread mixture in greased 3-quart casserole. Layer uncooked shrimp over this. Melt ½ stick of butter. Blend in flour. Slowly add cream and milk. Bring to a boil, stirring constantly. Cook 2 minutes. Stir in cheese, salt and pepper. Pour cream sauce over shrimp. Sprinkle buttered bread crumbs. Bake at 350° for 45 minutes.

SCALLOPED SHRIMP

Marianne Christian

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|---|--|
| 4 Tbsp. butter | ¼ tsp. dry mustard |
| 2 Tbsp. minced onions | 2 c. milk |
| 1 Tbsp. chopped green pepper
or more | 1 c. cooked shrimp |
| 4 Tbsp. flour | 1 c. buttered crumbs (cracker
or bread) |

Melt butter and cook onions and green pepper until tender. Blend in flour and mustard. Add milk and cook until thick. Add shrimp. Place in greased casserole. Cover with buttered crumbs. Bake at 350° for 20 minutes.

TARRAGON-RUM SHRIMP

Dominick Montes
Executive Chef, Memphis, TN

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|--|---|
| 3 ½ lb. shrimp | 1 c. chopped green onions
(tops and bottoms) |
| ½ c. butter | 2 tsp. dried tarragon |
| ½ tsp. salt | 6 Tbsp. light rum |
| ½ tsp. coarsely ground black
pepper | |

Peel and devein shrimp; set aside. In skillet large enough to hold the shrimp, melt 4 tablespoons butter over medium heat. Add shrimp, salt and pepper. Sauté for 2 minutes, tossing gently until shrimp turn bright pink. Remove with a slotted spoon to a plate and set aside. Melt remaining 4 tablespoons butter in skillet. Add green onions and tarragon; sauté over medium heat for 3 minutes. Add rum, stirring constantly to deglaze and cook for 30 seconds. Return shrimp and any liquid in plate to skillet and sauté for another minute or until shrimp are thoroughly heated.

BUSY DAY TUNA CASSEROLE

Lynn Walker

8 oz. cooked pasta noodles
1 small can evaporated milk
1 can cream of celery soup
1 can/pouch tuna fish

1 can LeSueur peas
½ bag sour cream and onion
chips, crushed
salt and pepper

Cook pasta noodles and drain. Mix tuna, soup, evaporated milk, salt and pepper. Pour noodles in 2-quart casserole. Stir in tuna mixture. Drain peas and gently stir in casserole. Microwave on High 10 minutes or until hot with cover. Top with crushed chips and serve.



TROUT ALMANDINE

Pat Coats

2 trout fillets
⅓ c. slivered almonds

1 Tbsp. butter, melted
½ tsp. chopped parsley

Arrange almonds on ungreased cookie sheet and bake for 4 to 5 minutes at 350°. Set aside. Place fish on ungreased baking sheet. Combine almonds, butter and parsley. Spoon over fish. Bake, uncovered, at 350° for 25 minutes.

PAPRIKA CREAM SCHNITZEL

Eddy Henning

4 slices bacon, cut fine
1 ½ lb. veal steak
2 Tbsp. chopped onion
1 tsp. paprika

salt to taste
1 c. sour cream
½ c. tomato sauce

Fry bacon until crisp. Add veal (cut into serving portions) and brown in hot bacon fat. Add onion and brown. Season with paprika and salt. Stir in sour cream and tomato sauce. Cover pan and cook about 30 minutes. Serve

cutlets with the sauce and cover with boiled or fried noodles. Serves 6.

WIENER SCHNITZEL

Eddy Henning

6 veal chops or steaks
salt and pepper
2 eggs, slightly beaten
flour

3 Tbsp. bacon drippings
juice of 1 lemon
1 Tbsp. flour
1 c. thick sour cream

Sprinkle veal with salt and pepper. Dip into eggs, then into flour. Brown on both sides in hot bacon drippings. Cover and cook slowly until chops are tender, about 1 hour. Sprinkle with lemon juice and arrange on hot platter. Blend flour with fat in pan. Add sour cream and cook 3 minutes, stirring constantly. Season with salt and pepper and serve with chops. Garnish with lemon slices. Serves 6.

Melt currant jelly in liquid in which chops were cooked instead of adding flour and cream.

ITALIAN VEAL SALTIMBOCCA

Dominick Montes

Executive Chef, Memphis, TN

4 (4 oz.) pieces pounded veal
4 oz. Prosciutto, sliced
4 oz. Mozzarella, sliced
4 fresh sage leaves
flour (for dusting)

2 Tbsp. olive oil
8 oz. mushrooms, sliced
1 Tbsp. garlic, chopped
8 oz. Marsala wine
salt and pepper to taste

Top each veal slice with a slice of Prosciutto, 1 ounce Mozzarella and a fresh sage leaf. Roll each piece of veal like a cigar; dust in a little flour. Using care to prevent the filling from falling out, sauté meat in olive oil until golden brown on all sides. About halfway through the browning process, add mushrooms to the pan; stir to coat with olive oil. If necessary, add 1 tablespoon butter. Add garlic, stirring to release the aroma; sauté 1 minute more. Carefully

add the Marsala wine. Turn veal as needed to allow the mushrooms to achieve a Marsala glaze. Serve with pasta and a side of vegetables. Makes 2 servings.



VEAL OLIVES

Mrs. U. S. Grant, Circa 1892
General Grant's Wife

Slice as large pieces as you can get from a leg of veal. Make stuffing of grated bread, butter, a little onion, minced, salt and pepper and spread over the slices. Beat an egg and put over the stuffing; roll each slice up tightly and tie with a thread. Stick a few cloves in them. Grate bread thickly over them after they are put in the skillet with butter and onions, chopped fine. When done, lay them on a dish. Make your gravy and pour over them. Take the threads off and garnish with eggs, boiled hard, and serve. To be cut in slices.

VENISON AND CHESTNUT CASSEROLE

Karlin Bailey
Oklahoma Dept. of Wildlife

- | | |
|--|--|
| 1 ½ Tbsp. olive oil | 3 ½ oz. vacuum-packed
peeled whole chestnuts |
| 1 lb. boneless venison
shoulder, cut into 1 ½-inch
cubes | 3 carrots, halved lengthwise
and cut into 1-inch pieces |
| 2 medium onions, sliced | 1 piece ginger (2-inches),
grated |
| 2 garlic cloves, crushed | 4 shallots (unpeeled but roots
sliced off) |
| 2 cooked fresh beets, each
cut into 6 wedges | 1 Tbsp. flour |
| grated zest and juice of ½
large orange | 2 Tbsp. nonfat milk |
| ½ c. Port wine | salt and pepper |
| 1 ¼ c. low-fat reduced-sodium
beef broth | |

Preheat the oven to 350°. Heat half of the olive oil in a large Dutch oven. Add the venison in 1 layer and let it brown on each side for about 5 minutes, turning once. Do

this in two batches if necessary. Using a slotted spoon, remove the meat from the pan and set it aside on a plate.

Add the sliced onions to the Dutch oven and stir well. Cook over a low heat, stirring occasionally, until the onions are softened and just beginning to brown, about 10 minutes. Add the garlic, beets, orange zest and juice. Stir well, then return the venison and its juices to the pan and add the Port and beef stock. Bring to a simmer. Cover the pan and transfer to the oven. Cook until the venison is tender, about 1 hour and 20 minutes, adding the chestnuts in the last 15 minutes of cooking.

Meanwhile, place the carrots, ginger and shallots in a roasting pan. Add the remaining oil and stir until the vegetables are evenly coated. Place in the oven above the Dutch oven and roast for 1 hour, turning the vegetables over halfway through the cooking time. Blend the flour with the milk to make a paste. Move the Dutch oven from the oven to the top of the stove. Place over medium-high heat and add the paste a little at a time, whisking constantly and simmering until the gravy thickens. Season to taste. Serve the venison casserole hot with the roasted vegetables.

CHEESE AND ONION ENCHILADAS

Reynae Bennett

1 large onion, chopped
4 c. shredded Cheddar
cheese

½ can (small) chopped green
chilies
1 c. red enchilada sauce
1 (10 oz.) pkg. flour tortillas

Combine onion, cheese and chilies and evenly divide for 8 tortillas. Put cheese mixture in each tortilla and roll up. Place in 13 x 9 x 2-inch pan. Top with enchilada sauce and sprinkle with additional Cheddar cheese to taste. Bake at 350° for 30 minutes. Serve with salad, green olives and sour cream.

FETTUCCINI ALFREDO

John M. Denton

1 box fettuccini noodles
1 stick butter
½ pt. heavy cream

2 cloves garlic, minced
1 pkg. Parmesan cheese,
shredded

Cook the noodles according to package directions. While noodles are boiling, in a saucepan, melt the butter over medium heat and then add the cream. Let the mixture come to a simmer and then add the minced garlic. Slowly add the shredded cheese to the mixture, stirring constantly. If you get clumps of cheese, stop adding the cheese until the clump has been incorporated and then add the rest of the cheese (slowly). When the cheese is melted, pour over the drained noodles and serve.

"MITY NICE" MACARONI AND CHEESE

Laura Brightman

½ lb. cooked elbow macaroni
10 oz. sharp Cheddar cheese

bread crumbs

#1:

4 Tbsp. butter
2 eggs
6 oz. evaporated milk
½ tsp. hot sauce

1 tsp. salt
pepper to taste
¾ tsp. dry mustard

#2:

1 large tomato, chopped
5 to 8 strips bacon, diced

8 oz. cooked broccoli florets

Coat freshly cooked macaroni with butter.

Whisk #1 ingredients separately, then stir into macaroni. Add the cheese and stir over low heat for 3 minutes. Add #2 ingredients to the finished product. Place into a greased casserole dish and sprinkle with bread crumbs. Bake at 350° for 30 minutes.

SPAGHETTI CARBONARA

Reynae Bennett

- | | |
|-------------------------------|--------------------------|
| 4 Tbsp. soft butter | 1 tsp. red pepper flakes |
| 2 eggs | 1 c. heavy cream or |
| 2 egg whites | evaporated milk |
| 1 c. Parmesan cheese | pepper to taste |
| 8 slices bacon, cut crosswise | 1 lb. spaghetti, cooked |

Brown bacon until crisp. Pour off the fat. Stir in red pepper flakes and then the cream. Bring to a simmer until spaghetti is done. In a small bowl, cream the soft butter. In another bowl, beat eggs and egg whites, then stir in the cheese. Drain spaghetti. Transfer to warm serving bowl. Stir in butter, then bacon mixture, the egg mixture and splash with remaining cheese. Serves 4.

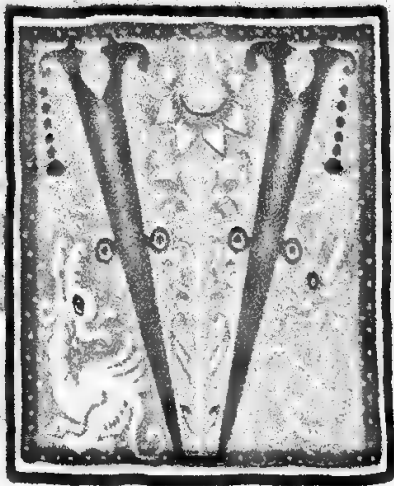
GOAT CHEESE AND BASIL ON PASTA

Kim Gibson

Father Andy's Sister

- | | |
|----------------------------|------------------------|
| 2 Tbsp. peanut or corn oil | 1 large tomato, diced |
| 4 rounds goat cheese | 2 Tbsp. good olive oil |
| 1 lb. pasta | black pepper |
| 16 fresh basil leaves | |

In a large skillet over medium-high heat, heat the oil until very hot but not smoking. Cook rounds of cheese until slightly brown but not melted, about 30 seconds on each side. Divide the pasta among the 4 bowls. Arrange on top of each a round of cheese, halved, 4 leaves of basil and $\frac{1}{4}$ of the diced tomato. Drizzle with olive oil. Sprinkle with pepper.



EGETABLES

“...**B**EHOLD, THE FARMER WAITS FOR
THE PRECIOUS FRUIT OF THE
SOIL...”

JAMES 5:7

How To Can Vegetables



POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.

- Let pressure rise to 10 pounds (240 degrees F). The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait

a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button® is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

Vegetables

EASY ASPARAGUS CASSEROLE

Marianne Christian

1 can mushroom soup (may use fat-free), slightly diluted with asparagus juice
cracker crumbs

1 can asparagus spears
grated Cheddar cheese
2 sliced boiled eggs
slivered almonds

May double ingredients for larger casserole.

Place in baking dish 1 layer of cracker crumbs, 1 layer of soup, 1 layer of asparagus and 1 layer of grated cheese. Add sliced boiled eggs and almonds on top. Bake at 350° until bubbly.

1 ASPARAGUS PARMESAN

Flo Anderson
Executive Chef, Heaven

1 Tbsp. olive oil
1 Tbsp. fresh lemon juice
1 tsp. chopped fresh parsley
1 ¼ tsp. salt

¼ tsp. ground ginger
1 lb. asparagus, trimmed
¼ c. grated Parmesan

Whisk together oil, lemon, parsley, salt and pepper. Steam asparagus until crisp (approximately 4 to 5 minutes). Drizzle with oil. Sprinkle cheese on asparagus.

BACON FRIED RICE

Bob Gray

6 slices bacon
3 c. cooked rice (1 c. uncooked)

1 c. chopped onions
soy sauce to taste
2 eggs, beaten

Fry bacon in a 10-inch skillet until crisp, reserving 2 tablespoons bacon drippings. Crumble bacon and set

aside. Saute onions in bacon drippings over low heat until tender. Add eggs and scramble until slightly set. Stir in cooked rice and bacon. Add soy sauce to taste. Heat thoroughly. Serves 6.



BEST BLACK BEANS

George Sawyer

1 (16 oz.) can black beans
1 small onion, chopped
1 small garlic clove, minced

1 Tbsp. fresh cilantro, chopped
 $\frac{1}{4}$ tsp. cayenne pepper
salt to taste

In a medium saucepan, combine beans, onion and garlic and bring to a boil. Reduce heat to medium-low. Season with cilantro, pepper and salt. Simmer for 5 minutes.



CORN MEAL PIE WITH BLACK BEANS

Sara Bell

Mother of Caroline Lamar

1 Tbsp. olive oil
2 $\frac{1}{2}$ c. diced onion
1 large red or green bell pepper, diced
1 tsp. minced garlic
1 $\frac{1}{2}$ tsp. chili powder
 $\frac{3}{4}$ tsp. cumin, ground
1 can drained whole tomatoes, cut up

2 (15 or 16 oz.) cans black beans, rinsed and drained
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. freshly ground black pepper
reduced-fat sour cream or plain low-fat yogurt

Corn Meal Topping:

$\frac{3}{4}$ c. all-purpose flour
 $\frac{3}{4}$ c. yellow corn meal
2 tsp. sugar
 $\frac{1}{2}$ tsp. baking powder
2 tsp. minced seeded jalapeno or serrano chili

$\frac{3}{4}$ tsp. salt
 $\frac{3}{4}$ c. skim milk
1 large egg
3 Tbsp. vegetable oil

Heat oil in a large skillet over medium heat. Add onions and peppers; cook, stirring occasionally, until tender, 8 to 10 minutes. Add garlic, chili powder and cumin; stir until blended. Reduce heat to low. Add tomatoes; cover and cook 5 minutes. Add beans, salt and pepper. Spread mixture into a 9-inch square casserole.

Corn Meal Topping: Preheat oven to 375°. Combine flour, corn meal, sugar, baking powder, chili and salt in a medium bowl. Whisk milk, egg and oil in a small bowl. Add to dry ingredients, stirring just until moistened (do not overmix). Spread topping evenly over cooked vegetables. Bake 20 to 25 minutes until edge is golden brown. Let stand 5 minutes. Serve with salsa and sour cream.

FASOLIA GIGANDES (BUTTER BEAN STEW)

George Sawyer

1 ½ lb. dried butter beans
½ c. pure olive oil
2 medium onions, finely
chopped
1 garlic clove, pressed
3 large ripe tomatoes, peeled,
seeded and diced

¾ c. tomato sauce
3 Tbsp. Italian parsley, minced
salt and freshly ground black
pepper to taste
2 c. water

Put the beans in a large pot and cover with water. Bring to a boil over medium heat and cook, partly covered, for about 1 hour or until beans are almost tender. Drain and set aside.

Preheat the oven to 400°. In a heavy saucepan, heat the oil and saute the onions until translucent. Add the garlic, tomatoes, tomato sauce, parsley, salt and pepper and water. Simmer, covered, over low heat for about 20 minutes until sauce starts to thicken. Transfer the beans to a casserole or baking dish. Pour the tomato mixture over and stir. Bake for about 40 minutes until the beans are tender and the sauce is thick. Serve warm or at room temperature.



GLORIOUS BEANS

Kris Dietrich

- | | |
|--|---|
| 1 (16 oz.) Glory collard greens | 1 (14 oz.) can Great Northern beans (undrained) |
| 1 (16 oz.) can petite diced tomatoes (undrained) | 1 (14 oz.) can red beans (undrained) |

Place vegetables in a saucepan on medium heat until hot.



EASY BROCCOLI CASSEROLE

Marianne Christian

- | | |
|--------------------------------------|---------------------------------|
| 2 cans golden cream of mushroom soup | 1 pkg. Pepperidge Farm dressing |
| 2 pkg. chopped frozen broccoli | |

Put broccoli and dressing in layers in casserole dish. Pour soup evenly over the broccoli. Bake at 350° until bubbly.

CRUST TOPPED BROCCOLI CHEESE BAKE

Connie Fincher

- | | |
|---|---|
| ½ c. Philadelphia chive and onion cream cheese spread | 1 frozen puff pastry (half 17.3 oz. pkg.), thawed |
| 1 can condensed cream of mushroom soup | 1 egg, lightly beaten |
| ½ c. water | 1 c. shredded Cheddar cheese |
| 2 (16 oz.) pkg. frozen broccoli florets, thawed and drained | |

Preheat oven to 400°. Mix cheese spread, soup and water until well blended. Stir in broccoli and Cheddar cheese. Spoon into 2 ½ to 3-quart shallow oval or rectangular baking dish. Roll pastry on lightly floured surface to fit dish. Cover dish completely with pastry. Press pastry edges against rim to seal. Brush entire surface lightly with

egg; pierce with knife 6 times to vent. Bake 30 minutes or until heated through and pastry is puffed and golden brown. Makes about 14 servings.

BROCCOLI-SPINACH CASSEROLE

Diane Cannon

- | | |
|--|--|
| 2 (10 oz.) pkg. frozen chopped broccoli, thawed | 1 large sweet onion, diced |
| 2 (10 oz.) pkg. frozen chopped spinach, thawed and drained | 2 c. (8 oz.) shredded sharp Cheddar cheese |
| 2 (10.7 oz.) cans cream of mushroom soup | 1 c. mayonnaise |
| 4 large eggs, lightly beaten | 1 tsp. salt |
| | ½ tsp. garlic powder |
| | 36 round buttery crackers, crushed (Ritz) |

Stir together first 10 ingredients in a large bowl until combined. Spoon mixture into a lightly greased 13 x 9 baking dish. Sprinkle evenly with crushed crackers. Bake at 350° for 40 to 45 minutes or until set.

BROCCOLI WHIZ RICE CASSEROLE

Amanda Hendrix

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|-------------------------|-----------------------------|
| 1 pkg. chopped broccoli | 1 can cream of chicken soup |
| 1 small onion, chopped | 1 c. Cheez Whiz |
| ½ stick butter | ¼ c. water |
| 1 c. Minute rice | ⅓ c. milk |

Cook broccoli until hot; drain. Mix uncooked rice, cream of chicken soup, water, milk, Cheez Whiz and broccoli. Cook onions in butter and add to soup-rice mixture. Mix well. Place in casserole dish. Bake at 350° for 30 minutes.

CABBAGE CASSEROLE

Jean Allison

- | | |
|-----------------------------------|--------------------------|
| 1 head cabbage, cut into ■ wedges | 8 slices American cheese |
| 1 tsp. salt | ½ c. flour |
| ½ tsp. black pepper | 1 c. water |

Place cabbage in large skillet. Cover with water. Sprinkle with salt and pepper. Cook until tender. Save the cabbage broth. Place cooked cabbage in casserole dish, placing one slice cheese on each wedge. Mix flour and water until smooth. Bring cabbage broth to a boil in the skillet. Gradually add flour mixture to make a white sauce. Pour over cabbage and cheese. Bake at 350° for 30 minutes or until brown.

CAPANOTA

Anne Andrews

1 large eggplant	1 c. wine vinegar
2 onions	1/3 c. sugar
2 bell peppers	oregano
3 stalks celery	salt
1 (6 oz.) can tomato paste	red and black pepper
1 (8 oz.) can tomato sauce	14 to 16 oz. salad olives,
3 cloves garlic	drained
1/2 c. olive oil	

Peel and chop eggplant and steam until wilted. Chop onion, bell pepper, celery and garlic and saute in olive oil (1/2 cup) until soft (but not too soft!). Add tomato paste, sauce, vinegar, sugar and spices and cook about 5 to 10 minutes. Add eggplant and cook 5 to 10 minutes. Add olives and let them get hot. Keeps a long time in the refrigerator! Serve with pita chips.

MAPLE GLAZED ORANGE CARROTS

Sharon Wells, RD
Diabetic Specialist

4 c. baby carrots	2 Tbsp. orange juice
5 Tbsp. Cary's® sugar-free syrup	1 Tbsp. margarine or butter
	1 Tbsp. orange zest

Toss all ingredients together in microwave bowl. Cover with plastic wrap. Microwave on High for 5 minutes. Toss and cover. Microwave on High for an additional 1 to

3 minutes. Carrots should be fork-tender with a hint of crispness. Toss and serve immediately.

ROASTED CURRIED CAULIFLOWER

Barbara Dale

1 ½ Tbsp. extra-virgin olive oil
1 tsp. mustard seeds
1 tsp. cumin seeds
¾ tsp. "coarse" salt

1 large head cauliflower
(about 2 lb.), cut into large
florets
nonstick olive oil spray

Preheat oven to 375°. Coat a rimmed baking sheet with cooking spray. In a large bowl, stir together oil, mustard seeds, cumin seeds, curry powder and salt. Add cauliflower, tossing to coat thoroughly with spice mixture. Arrange cauliflower in a single layer on prepared sheet. Roast until florets are browned on bottom and tender when pierced with the tip of paring knife, about 35 minutes. Serve hot.

SOUR CREAM CORN CASSEROLE

Debbie Webb

1 c. sour cream
1 pkg. Jiffy corn muffin mix
2 eggs
1 stick melted butter
1 (15 oz.) can kernel corn

1 (14.75 oz.) can creamed
corn
1 c. Cheddar cheese (1
normally ~~use~~ preshredded
cheese and just pour enough
over the top to cover dish)

Preheat oven to 350°. Grease a 9 x 9 baking dish. Combine sour cream, corn muffin mix, eggs, butter, kernel corn and creamed corn; spoon into dish. Bake for 30 minutes. Top with cheese and bake another 15 minutes.

SHOE PEG CORN CASSEROLE

Marianne Christian

1 can Shoe Peg corn
1 can Blue Lake green beans
1 small container sour cream
1 can water chestnuts, sliced
or chopped

1 c. grated sharp Cheddar
cheese
1 can cream of celery soup

Drain corn and beans. Mix all together. Place in 9 x 9 casserole dish.

Topping:

1 stick oleo

1 individual pkg. (sleeve) Ritz
crackers

Melt the oleo. Crumble the crackers into melted oleo and mix. Place on top of first mixture. Bake at 350° for 45 minutes.

Don't grease or cover dish.

SOUTHERN GREENS

Mike Johnson

5 to 6 lb. assorted greens
(collards, kale, mustard,
turnip, etc.)

1 c. chopped onion

1 garlic clove, minced

¼ c. vegetable oil

1 or 2 jalapeno or serrano
chile peppers, seeded and
minced (optional)

1 smoked turkey leg, smoked
pork chop or ham hock
seasoned salt and ground
black pepper or seasoned
pepper

Tear the greens into large pieces. Wash the greens well in a sink full of cold water, lifting greens out and letting grit stay on bottom of sink. Drain sink; change water and wash again. Repeat washings until there is no grit on the greens. Cut away tough stems; roll large leaves and cut in strips or chop.

In a large kettle, combine the chopped onions, garlic, 2 cups water, oil and chili pepper if using. Bring to a boil

over high heat. Gradually stir in the greens, allowing each batch to wilt before adding more greens. Put turkey leg or smoked meat in greens. Season with salt and pepper to taste. Cover and reduce heat to medium-low. Cook, stirring occasionally, for about 45 minutes to 1 hour, to your taste. Remove meat from bone; chop and return to pot. Using a slotted spoon, transfer the greens to a serving dish. Serve hot. Serve with cornbread.

GREEN BEAN AND CORN CASSEROLE

Ruth Edgerton

1 can Shoepeg corn, drained
1 can fancy-cut green beans,
drained
1 can cream of celery soup
½ c. ~~sour~~ cream
½ c. Cheddar cheese

1 finely chopped onion
pinch of salt
1 sleeve Ritz crackers
1 stick butter, melted
½ c. sliced almonds (optional)

In a large casserole dish, combine corn and green beans. Mix soup, sour cream, cheese, onion and salt and put on top of corn and green beans. Mix crackers, butter and almonds and put on top layer. Bake at 350° for 1 hour. May be made the night before and refrigerated.

GREEN BEANS, POTATOES AND BACON

Barbara Jordan Johnson

4 c. water
½ lb. green beans (about 2 c.),
cut in 1-inch pieces
4 small ~~new~~ potatoes,
scrubbed and cut in 8ths
1 ½ tsp. salt

5 slices bacon, cut in 1-inch
pieces
¼ c. onion, chopped
1 bell pepper, chopped
1 garlic clove, minced
¼ tsp. pepper

In a medium saucepan, place water, beans, potatoes and 1 teaspoon of the salt. Over medium-high heat, bring to a boil. Reduce heat to low, cover and simmer for 10 to 12 minutes or until tender. Drain. Cover and set aside.

Meanwhile, in a 12-inch skillet over medium-high heat, cook bacon until bacon is crisp. Add onion, bell pepper and garlic until tender. Add beans and potatoes and toss until well coated with bacon mixture. Sprinkle with remaining $\frac{1}{2}$ teaspoon salt and pepper and serve. Makes 4 servings.

WEST POINT'S SWEET AND SOUR GREEN BEANS

Marianne Christian

2 cans green beans
6 slices bacon
1 onion, chopped

$\frac{3}{4}$ c. sugar
 $\frac{1}{2}$ c. vinegar

Fry and crumble bacon; reserve bacon grease. Brown onion in bacon grease. Add sugar (may add a little more sugar to taste) and add the vinegar. Cook and drain the beans. Add to skillet. Add bacon to beans when served.

HOPPIN' JOHN

Ole Miss

Good Luck Recipe

1 lb. dried black-eyed peas
2 ham hocks, smoked
2 medium onions
3 cloves garlic (large)
2 bay leaves
1 c. converted long-grain white rice
10 oz. diced tomatoes with chilies (juices reserved)
1 large red bell pepper, finely diced

3 ribs celery, diced
1 jalapeno or serrano pepper, minced
2 tsp. Creole seasoning
 $\frac{3}{4}$ tsp. dried thyme leaves
 $\frac{3}{4}$ tsp. ground cumin
 $\frac{3}{4}$ tsp. salt
3 scallions, sliced
hot red pepper sauce

In a large pot, combine the black-eyed peas, ham hocks and 6 cups water. Cut one onion in half and add it to the pot, along with the garlic and bay leaves. Bring to a boil. Reduce the heat to medium-low and simmer gently until the beans are tender but not mushy, 2 to 2 $\frac{1}{2}$

hours. Remove the hocks, cut off the meat in large shreds and set the meat aside. Drain the peas and set aside. Remove and discard the bay leaves, onion and garlic. Add 2 ½ cups of water to the pot and bring to a boil. Add the rice; cover and simmer until the rice is almost tender, 12 minutes. Mince the remaining onion. Add to the rice along with the peas, tomatoes and their juices, bell pepper, celery, jalapeno pepper, Creole seasoning, thyme, cumin and salt. Cook until the rice is tender, 5 to 7 minutes. Stir in the sliced scallions and meat from the ham hocks. Serve with hot sauce on the side.

SWEET ONION CASSEROLE

Holly Gray

6 jumbo sweet onions (Vidalias
are best!!)
1 stick margarine

2 oz. fresh Parmesan cheese
¼ oz. Ritz crackers, crushed

Peel and slice Vidalias into thin rings. In a large pan, saute onion rings in margarine until tender. Place ½ of onions into 1 ½-quart baking dish. Sprinkle with Parmesan cheese and crushed crackers. Repeat layers, ending with crumbs. Bake, uncovered, at 350° for approximately 30 minutes. Serves 8.

MARINATED ONIONS

Ginger Anglin

4 or 5 sliced white onions
1 c. sugar
1 c. water
1 c. vinegar

½ c. olive oil
1 tsp. salt
½ tsp. pepper
herbs to taste (optional)

Put all ingredients into quart jar and let stand for several days before serving.

ENGLISH PEA CASSEROLE

Marianne Christian

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|---|-----------------------------|
| 1 can chopped water chestnuts (save liquid) | 1 chopped green pepper |
| 2 cans English peas, drained | 1 chopped onion |
| 1 can mushroom soup (undiluted) | 1 large jar chopped pimento |
| 1 c. chopped celery | 1 chopped green pepper |
| | 1 stick oleo |
| | cracker or bread crumbs |

Saute celery, onions and pepper in 1 stick oleo until tender. Add water chestnuts and liquid and peas. Put in layers with layer of vegetables and layer of soup in casserole. Top with bread or cracker crumbs. Bake in moderate oven until bubbly (350°).

UNCLE JIM'S "BEST IN THE FAMILY" PESTO SAUCE

Bridgette Analfitano Correale
Brooklyn Bridge Italian Restaurant

- | | |
|--------------------------------|---------------------------------|
| 1 c. fresh basil | 1 Tbsp. Parmesan cheese, grated |
| 2 garlic cloves, minced | 1 lb. linguine pasta |
| 1 Tbsp. extra virgin olive oil | Parmesan cheese |

Combine basil, minced garlic, extra virgin olive oil and Parmesan cheese in blender or food processor. Blend and set aside. Cook linguine according to package directions and drain. Add pesto sauce to linguine and garnish with Parmesan cheese.

ITALIAN POTATOES

Kelly Romito

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|------------------------|-------------------|
| 8 to 10 large potatoes | Italian seasoning |
| ¼ to ½ c. olive oil | |

Preheat oven to 350°. Wash potatoes. Do not peel. Cut into French fry slices. Place into cooking dish. Cover potatoes with the olive oil and Italian seasoning to coat. Cover with top. Cook for approximately 30 to 40 minutes until potatoes are tender. Serves 6 to 8 people.

LOADED POTATOES

Amanda Hendrix

red potatoes, sliced (peel if
desired)
sour cream
butter, softened

salt and pepper
bacon bits
cheese

Boil potatoes until slightly soft; drain. In oven-safe dish, layer potatoes, butter, sour cream, salt, pepper, bacon and cheese. Cook at 350° until cheese melts.

ROSEMARY ROASTED FRIES

Mike Johnson

olive oil spray
1 lb. red potatoes
1 clove garlic

1 Tbsp. fresh rosemary or 1 tsp.
dry
salt and pepper to taste

Line a baking tray with foil and apply olive oil spray. Wash potatoes; do not peel. Cut into strips about 3-inches long and ½-inch wide. Place on tray and spray with olive oil spray. Place under broiler about 5-inches from heat for 5 minutes. Chop garlic and rosemary together. Remove potatoes from broiler and turn with spatula. Sprinkle with the garlic and rosemary. Add salt and pepper to taste and replace under broiler for 5 minutes. Remove and cover with foil to keep warm while you make the entree.

YUMMY TATERS

Faith Calvert

2 (15 oz.) cans sliced potatoes
1 can cream of asparagus
soup
1 c. milk
1 tsp. garlic powder
1 tsp. onion powder

1 tsp. Louisiana hot sauce
1 ½ tsp. paprika
1 ½ c. grated sharp Cheddar
cheese
salt and pepper to taste

Spray a medium size baking dish with nonstick coating. Mix together in baking dish all ingredients except paprika and using only ½ of the cheese. Top mixture with remaining cheese and paprika. Bake at 375° for 30 minutes or until bubbling and brown.

YELLOW RICE WITH RAISINS

Ruth Edgerton

2 Tbsp. butter or olive oil
1 c. uncooked long grain
white rice
2 c. boiling water
1 (2-inch) piece cinnamon
stick
½ tsp. ground turmeric

½ tsp. ground cumin
pinch of crumbled saffron
threads or ground saffron
½ tsp. salt
½ c. seedless raisins
1 tsp. sugar or more to taste

Melt the butter in a saucepan over moderate heat. Add the rice and cook, stirring constantly, for 1 minute. Add the remaining ingredients, except for the sugar, and simmer, tightly covered, until the rice is tender, about 20 minutes. Remove the pan from the heat and discard the cinnamon. Sprinkle the sugar on top of the rice and fluff the rice with a fork. Cover and allow to stand for 15 minutes. Fluff the rice again prior to serving. Serves 4 to 6.

SPINACH AND ARTICHOKE CASSEROLE

Jane Clarke
Marianne Christian

2 (10 oz.) pkg. frozen chopped
spinach
¼ c. minced onion
3 Tbsp. butter, melted
¼ c. sour cream
2 Tbsp. Parmesan cheese

¾ tsp. salt
¼ tsp. pepper
dash of red pepper
14 oz. can artichoke hearts,
drained
additional Parmesan cheese

Cook and drain spinach. Saute onion in butter. Stir in cooked spinach. Add sour cream, 2 tablespoons Parmesan cheese, salt and pepper. Spoon over artichokes in shallow baking dish. Sprinkle Parmesan cheese on top. Bake at 350° for 15 to 20 minutes. Serves 6 to 8.

SQUASH CASSEROLE

Marianne Christian

about 1 ½ lb. yellow squash
1 medium onion, chopped
salt and pepper to taste
½ c. melted oleo

about ½ sleeve saltine
crackers, crumbled
16 oz. grated Cheddar cheese
2 eggs, slightly beaten

Boil squash with onion slowly in a very small amount of water. Add salt and pepper. When slightly tender (not mushy), pour off liquid if necessary. Add oleo, eggs, crackers and ¾ of cheese. Mix together and place in buttered casserole. Top with remaining cheese. Bake at 350° until slightly firm and bubbly.

CHEESY SUMMER SQUASH CASSEROLE

Holly Gray

4 to 5 yellow squash
(medium), parboiled
⅓ c. onions, chopped
½ green pepper
½ tsp. salt
2 tomatoes, chopped

6 bacon slices, chopped and
fried
½ to ¾ c. Cheddar cheese,
grated
½ c. bread crumbs
2 Tbsp. margarine

In a bowl, combine all ingredients except the squash, the bread crumbs and the margarine. In a 2-quart casserole dish, alternate layers of squash and mixture, ending with mixture. Top with bread crumbs and margarine. Bake at 375° for 35 minutes. Serves 6.

SUCCOTASH

Mike Johnson

1 Tbsp. butter	salt and pepper
¾ c. heavy cream	2 c. lima beans (canned),
3 c. corn kernels (canned),	drained
drained	2 red peppers, diced

In large pan, heat butter. Add corn, lima beans and red peppers. Cook for 3 minutes or until peppers are soft. Add heavy cream, salt and pepper. Serve immediately.

RUTH'S BOURBON SWEET POTATOES

Ruth Edgerton

8 large sweet potatoes	ginger
½ stick butter	cinnamon
nutmeg	½ c. brown sugar
allspice	¼ to ⅓ c. bourbon

Preheat your oven to 400°. Wash and dry the sweet potatoes and place them on a pizza pan or cookie sheet that has been covered with foil. Bake the potatoes for 1 hour or until soft. When removing the potatoes from the oven, reduce the temperature to 350°. Remove the skin and place in a large glass bowl. Mash the potatoes well with a fork. Add ½ stick butter and mash some more. Add a pinch of nutmeg, allspice, ginger and cinnamon and stir well. Sweeten to taste with ½ cup dark brown sugar. Pour bourbon in but don't make it soupy (¼ to ⅓ cup). Mix well. Pour mixture into glass casserole dish.

Topping:

⅓ c. dark brown sugar	½ c. chopped pecans or
½ stick butter	walnuts

Mix dark brown sugar, butter and pecans or walnuts together in glass bowl. After mixing well, pour the topping over the potato mixture and bake for about 20 minutes at 350°.

SWEET POTATO CASSEROLE

Ginger Anglin

3 c. cooked mashed sweet
potatoes
1 c. sugar
1/3 c. milk

1 c. firmly packed dark brown
sugar
1 tsp. vanilla
2 eggs
1/2 c. butter

Combine sweet potatoes, sugar, eggs, vanilla, milk and 1/2 cup butter. Beat with mixer until smooth. Spoon into a 2-quart casserole.

Topping:

1/3 c. flour
1/3 c. firm butter

1 c. chopped pecans

Combine all topping ingredients together and sprinkle on top. Bake at 350° for 30 minutes. Makes 8 to 10 servings.

BAKED TOMATO CASSEROLE

June Rose Varnell
Tea Room, Marigold, MS

1 medium onion
1 bell pepper
4 (14 1/2 oz.) cans Del Monte
diced tomatoes with juice
3 tsp. light brown sugar
2 tsp. Worcestershire sauce
3 dashes Tabasco sauce

1/4 tsp. Tony's Creole seasoning
salt and pepper to taste
2 c. Pepperidge Farm dry
stuffing mix (in a bag)
1 c. shredded mild Cheddar
cheese

Chop onion and bell pepper. Saute in butter. Add remaining ingredients (except cheese). Pour into 9 x

13-inch casserole dish. Bake for 20 minutes at 350°. Add cheese on top and bake 10 minutes more. Serves 8 to 10.

FRESH TOMATO TART

Anne Andrews

1 sheet pastry dough
8 oz. Mozzarella cheese,
shredded
½ c. chopped fresh basil

4 to 5 ripe tomatoes, cut
in ½-inch slices
salt
pepper
extra virgin olive oil

Preheat oven to 400°. Line 10-inch loose-bottom tart pan with the pastry dough. Spread bottom of pastry with cheese and sprinkle with basil. Cover with tomato slices, arranging to cover as evenly as possible. Sprinkle tomatoes with salt and pepper and drizzle with olive oil. Bake 30 to 40 minutes. Garnish with fresh basil. Slice in wedges and serve warm or at room temperature.

1 FRESH TOMATO PIE

June Rose Varnell
Dr. Carrol Cook

1 (9-inch) deep-dish frozen pie
crust, cooked according to
pkg. directions
6 large tomatoes
1 tsp. salt

1 c. shredded Mozzarella
cheese
1 c. shredded Cheddar
cheese
1 c. mayonnaise
1 bunch green onions, sliced

Peel and cut tomatoes in ¼-inch slices. Place tomatoes in a colander and sprinkle with 1 teaspoon salt. Set aside to drain.

Preheat oven to 350°. In a medium bowl, combine cheeses and mayonnaise. Place drained tomatoes in baked pie shell. Sprinkle evenly with green onions. Spread mayonnaise mixture over the top. Bake 30 to 40 minutes or until cheeses are lightly brown. Garnish with fresh basil, if desired.

I have substituted canned pimentos in place of tomatoes.

GINGER'S TOMATO PIE

Ginger Anglin

- | | |
|---|--|
| 1 (9-inch) deep-dish pie shell,
baked and cooled | 1 tsp. dried sweet basil or 1
Tbsp. fresh chopped basil |
| 2 large tomatoes, peeled and
thickly sliced or enough to fill
pie shell | 1 Tbsp. fresh chopped chives |
| salt and pepper to taste | 12 slices fried and crumbled
bacon |
| | 1 c. mayo |
| | 1 c. grated Cheddar cheese |

Preheat oven to 350°. Fill pie shell with tomatoes and sprinkle with salt and pepper, basil, chives and bacon. Mix mayo and cheese. Spread over tomatoes. Bake for 30 minutes or until lightly browned.

LOUISIANA FRIED GREEN TOMATOES

Dianne Hendrix

- | | |
|-----------------------------|-----------------------|
| ¾ c. Louisiana fish fry mix | ½ tsp. cayenne pepper |
| ¼ c. flour | buttermilk |

Slice green tomatoes and let soak in buttermilk in the refrigerator approximately 2 hours. Mix together Louisiana fish fry mix, flour and cayenne pepper. Put ½-inch oil in a skillet and heat. Dip sliced tomatoes into the dry mixture, coating well. Brown (approximately 2 minutes) on each side, turning only once. Enjoy.

MASHED TURNIPS

Barbara Jordan Johnson

- | | |
|---|---|
| 4 lb. yellow turnips
(rutabagas), peeled and cut
into 2-inch chunks | 1 tsp. sugar |
| 4 Tbsp. (½ stick) unsalted
butter | salt and freshly ground pepper
to taste |
| ½ c. sour cream | 8 slices bacon, cooked crisp
and drained |
| 2 tsp. caraway seeds | paprika |

Cook turnips in water to cover. Heat to boiling. Reduce heat and simmer until very tender, 25 to 30 minutes. Drain turnips well and place in a mixing bowl. Beat turnips with an electric mixer. Add the butter and sour cream and continue beating until the mixture is fluffy but still retains some texture. Fold in the caraway seeds and sugar, then season to taste with salt and pepper. Butter a 13 x 11-inch gratin dish and place turnip mixture into dish. Place in a 350° preheated oven. Chop the bacon into small pieces and sprinkle over the top of the casserole. Sprinkle lightly with paprika. Bake the casserole until heated through, about 20 minutes. Serve hot. Makes 10 to 12 servings.

STEAMED STIR-FRY VEGGIES AND RICE

Monce Averill

¼ c. brown rice

1 c. broccoli florets

½ c. baby carrots

⅓ c. frozen snow peas

½ c. bite size bell pepper

⅓ c. chopped onion

½ c. sliced mushrooms

1 c. halved plum tomatoes

Cook brown rice according to directions on package. Start water boiling for your Pasta Express. Wash broccoli florets and baby carrots. Place in Pasta Express. Add frozen snow peas. Cover with boiling water to ½-inch from top. Place strainer and cover on opening. Let set for 15 minutes. Check rice. If rice is done, remove from heat. Chop the onion. Cut the bell pepper in bite size pieces. Half the plum tomatoes. Measure out the sliced mushrooms. If the steaming time is up for the broccoli, carrots and snow peas, drain and save the stock for a sauce for your stir-fry veggies. Lightly spray the bottom of a stir-fry pan or a large deep skillet. Place on medium heat until hot, not smoking. Stir-fry onions and bell peppers for 2 minutes. Move veggies to one side. Spray bottom lightly. Stir in drained veggies. Next, add the mushrooms and tomatoes. Make a sauce from 2 tablespoons cornstarch per 1 cup stock.

PUT THE POT ON, HONEY

Chuck Averill

1 Tbsp. chili powder
1 tsp. cumin powder
1 tsp. ginger powder
1 tsp. Splenda Granular
1 Tbsp. chopped jalapeno pepper
15 oz. can tomato sauce

15 oz. can Southern Ranch pinto beans
15 oz. can red kidney beans, drained
15 oz. whole kernel corn, drained
5 oz. shredded cheese

Mix powder spices and Splenda. Open the can of tomato sauce. Open all of the cans of vegetables. Combine tomato sauce, premixed spices and chopped jalapeno peppers in a 3-quart saucepan. Simmer on low heat until bubbly. Add pinto beans, red kidney beans and drained whole kernel corn. Reheat until bubbly. Remove from heat and stir in cheese.

VEGGIE MEAT LOAF

Lorraine Atkey

1 c. dried lentils
¼ c. wheat germ
1 c. whole wheat bread crumbs
½ c. cooked brown rice
1 onion, minced
3 cloves garlic, minced
3 eggs or ¾ c. egg substitute

1 tsp. dried oregano leaves
1 tsp. dried thyme leaves
1 Tbsp. soy sauce
¼ c. ketchup
1 Tbsp. olive oil
½ tsp. Tabasco sauce
½ tsp. salt
⅛ tsp. white pepper

Preheat oven to 350°. Place lentils in a small saucepan and cover with water. Cook over low heat for 60 to 90 minutes or until tender. Coarsely mash lentils and combine with remaining ingredients. Pour mixture into a loaf pan sprayed with nonstick cooking spray. Cover with foil and bake at 350° for 30 to 40 minutes. Remove foil and bake for another 10 to 15 minutes or until loaf is firm to the touch. Makes 6 servings.

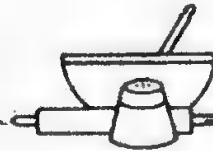


**READS,
ROLLS &
PASTRIES**

**“I AM THE LIVING BREAD THAT CAME
DOWN OUT OF HEAVEN. IF ANYONE
EATS OF THIS BREAD, HE SHALL LIVE
FOREVER...”**

JOHN 6:51A

Baking Tips



COMMON PROBLEMS

(Common Failures)

Biscuits

- Rough biscuits.....
- Dry biscuits.....
- Uneven browning.....

Breads (yeast)

- Porous bread.....
- Crust is dark and blisters
just under the crust.....
- Bread does not rise.....
- Bread is streaked.....
- Bread bakes unevenly.....

Cakes

- Cracks and uneven surface.....
- Dry cakes.....
- Heavy cakes.....
- Sticky crust.....
- Coarse grained cake.....
- Fallen cakes.....
- Uneven color.....
- Uneven browning.....

Cookies

- Uneven browning.....
- Soggy cookies.....
- Excessive spreading of cookies.....

Muffins

- Coarse texture.....
- Tunnels in muffins, peaks in
center and soggy texture.....

Pies

- Pastry crumbles.....
- Pastry tough.....
- Pies do not brown
(fruit or custard).....

CAUSES OF PROBLEMS

(Causes of Failures)

Insufficient mixing
Baking in too slow an oven and handling too much
Cooking in dark surface pan, too high a
temperature and rolling the dough too thin

Over-rising or cooking at too low a temperature

Under-rising
Over-kneading or using old yeast
Under-kneading and not kneading evenly
Using old, dark pans, too much dough in pan,
crowding the oven shelf or cooking at too high a
temperature

Too much flour, too hot an oven and sometimes
from cold oven start

Too much flour, too little shortening, too much
baking powder or cooking at too low a temperature
Too much sugar or baking too short a period
Too much sugar

Too little mixing, too much shortening, too much
baking powder, using shortening too soft, and
baking at too low a temperature

Using insufficient flour, under baking, too much
sugar, too much shortening or not enough baking
powder

Cooking at too high a temperature, crowding the
shelf (allow at least 2 inches around pans) or using
dark pans

Not mixing well

Not using shiny cookie sheet or not allowing at
least 2 inches on all sides of cookie sheets in oven
Cooling cookies in pans instead of racks
Dropping cookies onto hot cookie sheets; not
chilling dough; not baking at correct temperature

Insufficient stirring and cooking at too low a
temperature

Over-mixing

Over-mixing flour and shortening
Using too much water and over-mixing the dough

Bake at constant temperature (400-425 degrees) in
Pyrex or enamel pie pan

Breads, Rolls & Pastries



COMMUNION BREAD RECIPE

St. Timothy

■ c. whole-wheat flour
■ tsp. baking powder
1 c. honey
½ c. milk

¼ c. or less cold water (only if needed)
¼ c. vegetable oil
¼ tsp. salt

Sift together flour, baking powder and salt. Let stand. Mix milk, honey and oil together in a separate bowl (batter usually does not stir easily, can use mixer). Add liquid to dry ingredients. Turn dough onto a lightly floured surface. Roll out to about ¼-inch thickness. Use doughnut cutter for 3-inch circles or coffee can for 6-inch circles. Mark with a cross and place on lightly greased baking sheet. Bake at 400° for approximately 10 minutes (watch carefully). May be frozen in plastic bags.



BUBBLE RING (BREAKFAST BREAD)

Jacqueline Parmele
Executive Chef, Heaven

Sweet Dough:

½ c. milk
½ c. warm water
½ c. sugar
2 eggs, slightly beaten
½ c. butter, softened

1 tsp. salt
1 Tbsp. grated lemon peel
2 pkg. active dry yeast
■ to ■ ½ c. sifted flour

Scald milk. Stir in sugar, salt and butter. Let cool until lukewarm. Sprinkle yeast over warm water in a large bowl. Let stand 5 minutes, then stir until blended. Stir in scalded milk mixture, eggs, lemon peel and 2 cups flour. Beat until smooth. Stir in remaining flour to make a soft dough. Cover bowl with damp towel. Chill 2 to 3 hours or overnight.

Knead dough on a lightly floured surface until smooth and elastic. Shape as desired.

Bubble Ring:

Sweet Dough

1 c. firmly packed brown sugar
½ c. butter, melted
2 tsp. cinnamon

1 c. toasted filberts (hazelnuts)
or almonds
¼ c. golden raisins

Mix sugar and cinnamon. Shape dough into 40 (1 x 1-inch) dough balls. Dip in butter. Coat with cinnamon-sugar mixture. Place half the dough balls in a well-greased 9-inch tube pan. Scatter half the nuts and raisins over the dough balls. Repeat with remaining half of dough balls. Cover; let rise in a warm place until doubles in bulk (about 1 hour). Put on lowest rack in preheated oven and bake at 350° for 50 minutes. Cool in the tube pan for 10 minutes, then invert the tube pan on serving dish. Let stand several minutes before removing pan.

Note: Freezes very well.

BROWN BREAD

Coy Smith, Proprietor
Outback, Southaven, MS

3 (.25 oz.) pkg. active dry
yeast
1 ½ c. 110° water, divided
1 Tbsp. granulated sugar
½ c. dark molasses

1 Tbsp. salt
2 Tbsp. vegetable oil
2 c. rye flour
up to 1 c. all-purpose flour

Dissolve yeast in ½ cup warm water. Stir in sugar. Allow to rest for 6 minutes or until bubbly. Combine dissolved yeast, 1 cup warm water, molasses, salt, oil and rye flour in a large bowl; beat until smooth. Work in enough all-purpose flour until dough is smooth, pliable and elastic, not sticky. Knead dough for 4 minutes. Place dough in a large bowl. Cover with a damp cloth and allow to rise in a warm place until doubled in size. Punch dough down. Divide and shape dough into 2 equal-sized loaves and place on a greased and cornmeal-dusted cookie sheet.

Cover dough with a damp cloth and allow to rise in a warm place until doubled in size. Bake loaves in a 375° oven for 30 minutes or until crust makes hollow sound when tapped on.

CREAM CHEESE BREAD

Ginger Anglin

Dough:

8 oz. ~~sour~~ cream
½ c. sugar
1 tsp. salt
½ c. melted butter

2 pkg. yeast
½ c. ~~warm~~ water
2 beaten eggs
4 c. flour

Filling:

1 (8 oz.) pkg. cream cheese,
softened
¾ c. sugar

1 beaten egg
dash of salt

Glaze:

2 c. powdered sugar
4 Tbsp. milk

2 tsp. vanilla

To mix dough, heat sour cream until warm. Add sugar and butter and cool. Sprinkle yeast over warm water in large bowl. Add sour cream mixture. Add eggs, flour and salt. Refrigerate overnight.

Divide into 4 equal parts and roll to about 12 x 18-inches on well-floured board. Spread with filling and roll up jelly roll fashion. Slit with knife halfway through every 2 or 3-inches after placing on a cookie sheet sprayed with PAM (2 will fit on one cookie sheet). Cover and let rise about 1 hour Bake at 350° for 20 minutes. Top with Glaze.

MACARONI GRILL FOCACCIA

Jessica Johnson
Macaroni Grill

9 Tbsp. olive oil, divided use
3 c. unsifted all-purpose flour
¾ c. unsifted semolina flour
½ tsp. salt, divided

1 ½ c. quick-rising dry yeast
1 ½ c. hot (between 120° and 130°) milk
1 Tbsp. fresh rosemary leaves

Pour a scant tablespoon of the olive oil into a 9-inch square cake pan. Spread evenly to cover bottom and sides. Place all-purpose flour, semolina flour, 2 tablespoons of the olive oil, ¼ teaspoon of the salt and all of the yeast in the bowl of a mixer fitted with a dough hook. (The mixing can be done by hand as well.) Blend ingredients on medium speed. Reduce speed to low and slowly add hot milk. Raise the speed to medium and continue mixing for 5 minutes (knead about 8 to 10 minutes by hand). Sprinkle bottom of cake pan with a little flour. Remove dough from bowl and spread out evenly in pan. Cover with a towel and let rest for 30 minutes.

Preheat oven to 400°. Remove towel. Brush dough with 1 to 2 tablespoons of the olive oil. Sprinkle top with additional salt and rosemary. Bake for 20 minutes. Remove from oven and drizzle with remaining oil. Makes 6 to 8 servings.

JAMAICAN COCO BREAD

Barbara Jordan Johnson
Caribbean

2 ½ c. flour
1 c. sugar
1 Tbsp. baking powder
¼ lb. butter

1 ⅓ c. grated fresh coconut
2 eggs, beaten
½ tsp. vanilla
2 c. heavy cream

In a large bowl, mix flour, sugar and baking powder and mix well. Using pastry blender, work in butter. Add

coconut and mix well. In separate bowl, beat eggs, vanilla and cream and add to flour mixture. Pour into greased loaf pan and bake 40 to 45 minutes.

SWEET POTATO BREAD

Peggy M. Walker, RD
MSU Ext. Service

(Makes 3 Loaves)

- | | |
|---|-----------------------|
| 4 ½ c. sugar | 1 ¼ tsp. salt |
| 1 ½ c. vegetable oil | 1 ½ tsp. cinnamon |
| 6 eggs | 1 tsp. nutmeg |
| 3 c. sweet potatoes, cooked
and mashed or canned | 1 ¼ c. orange juice |
| 3 tsp. soda | 1 ½ c. chopped pecans |
| 5 ¼ c. all-purpose flour | 1 ¼ c. raisins |

Cream sugar and oil together. Add eggs, one at a time, mixing well after each. Stir in sweet potatoes. Mix dry ingredients in a large bowl, then stir in sweet potato mixture using wire whisk to mix thoroughly. Stir in orange juice. Stir in nuts and raisins. Grease and flour 3 loaf pans and fill with batter. Bake at 350° for 1 hour or until loaves test done. Let cool in pans for 10 minutes, then remove. Cool completely before wrapping. Keeps well in freezer. Wrap in plastic wrap. Place in large freezer bag to freeze.

Optional: Slice and fill with pineapple and cream cheese spread. Cut in small finger sandwiches at serving time.

WALDORF SALAD QUICK BREAD

Granny Johnson
Jefferson City, MO

- | | |
|---|---|
| 2 ½ c. flour | ½ c. mayonnaise |
| 3 tsp. baking powder | 1 tsp. vanilla |
| ¼ tsp. salt | 1 c. unpeeled diced (¼-inch)
red apple |
| ¾ c. sugar | ¼ c. finely diced (⅛-inch)
celery |
| 2 large eggs | ¾ c. coarsely broken walnuts |
| ½ c. canned or bottled
unsweetened apple juice | |

Preheat oven to 350°. Grease and flour 2 loaf pans. In a large bowl, stir together flour, baking powder, salt and sugar. In a small bowl, beat eggs slightly. Add apple juice, mayonnaise and vanilla. Beat until blended. Add to flour mixture the apple, celery and walnuts; stir until flour is moistened. Turn into greased and floured pans. Bake in oven 45 to 50 minutes. Cool completely. Store overnight in plastic bags before cutting. Do not try to slice thin. Slice while cold but serve at room temperature or heat.

FAUX SOURDOUGH BREAD

Bobbie Lee Jarvis

(Bread Machine)

1 pkg. active dry yeast
2 ½ c. bread flour
1 Tbsp. dark molasses
1 c. sour cream

1 tsp. salt
1 tsp. lemon juice
4 Tbsp. warm water

All ingredients but the water should be at room temperature before starting. Add ingredients to the pan in the bread machine in the order listed. Select "White Bread." Press "Start."

BRENNEN'S GARLIC BREAD

Lynn Shettles

Salvation Army, Memphis, TN

1 loaf French bread
3 cloves garlic
½ c. butter, melted
⅓ c. Parmesan cheese

1 Tbsp. parsley, chopped
½ tsp. oregano
paprika

Rub the outside of the loaf of bread with a piece of garlic that has been cut open lengthwise. Split loaf and spread the melted butter over it. Sprinkle on the remaining ingredients. Finely chop the garlic cloves and sprinkle over the top of the bread. Bake at 350° for 8 to 10 minutes or until nice and golden brown.

CHEESE STUFFED GARLIC BREAD

Melanie Saffold

- | | |
|-------------------------------|----------------------|
| 1 loaf French bread | ¼ c. soft margarine |
| 1 c. grated Mozzarella cheese | ½ tsp. minced garlic |
| ¼ c. mayonnaise | ½ tsp. dried parsley |

Split the loaf of French bread lengthwise. Beat the next 5 ingredients with electric mixer until blended. Spread cheese mixture on the inside of each sliced half of the loaf. Put the 2 sides back together to form a loaf. Then cut in slices. Wrap in foil and bake at 350° until cheese is melted.

Variation: Place bread slices on a cookie sheet and bake for 5 to 10 minutes for crisper bread.

HOT HERB ITALIAN STYLE

Loraine Atkey

- | | |
|--|--------------------------|
| 1 loaf Italian style bread
(14-inches long) | ¼ tsp. oregano, crumbled |
| ½ c. soft butter | ¼ tsp. dill weed |
| 1 tsp. parsley flakes | 1 clove garlic, minced |
| | grated Parmesan cheese |

Cut bread diagonally into 1-inch slices. Blend butter, parsley, oregano, dill weed and garlic; apply to inside of bread. Place bread back together. Wrap foil around bread in boat fashion, twisting ends, leaving top open. Sprinkle top of the bread liberally with cheese and parsley flakes. Heat in hot oven at 400° for 10 minutes.

BUTTERMILK YEAST BISCUITS

Barbara Jordan Johnson

- | | |
|---------------------------------|-----------------------|
| 2 Tbsp. warm water | ½ tsp. salt |
| 1 Tbsp. active dry yeast | ⅓ c. sugar |
| 2 ½ c. sifted all-purpose flour | ½ stick melted butter |
| ½ tsp. baking soda | ⅔ c. buttermilk |

Dissolve yeast in a small bowl of warm water with a pinch of sugar and flour. Set aside for 10 minutes until bubbles begin to form. In a food processor or blender, add flour, baking soda and sugar. Process to distribute dry ingredients together well. Add shortening and pulse until mixture is crumbly, like coarse cornmeal. Pour in buttermilk and yeast mixture. Turn dough out onto a lightly floured board and knead together 2 to 3 times. Pat out or roll to a thickness of 1-inch. DO NOT OVERWORK the dough. Using a biscuit cutter, cut dough into 2 ½-inch rounds. Put melted butter on a cookie sheet, dipping one side of the biscuits into the butter, then placing the other side of the biscuit down on the sheet. Allow to rise for 30 minutes in a warm place. Bake in a preheated 400° oven 15 to 20 minutes or until golden brown. Makes about 18.

CRACKER BARREL BISCUITS

George Sawyer

2 c. White Lily self-rising flour
⅓ c. shortening

⅔ c. buttermilk

Heat oven to 450°. Lightly grease a baking sheet. Cut the shortening into the flour and stir in the buttermilk. Mix for about 1 minute. Don't overmix. Roll out about ½-inch thick. Place on pan and bake for 8 minutes. Makes 12. Brush with melted butter when you take them out of the oven. Enjoy. They will be white on top, but done, like the Cracker Barrel ones!!

GRANDMA KOLL'S DROP BISCUITS

Susan Zeringue

2 c. plain flour
1 tsp. baking powder
½ tsp. salt

4 Tbsp. shortening
¾ c. milk

Sift flour, baking powder and salt together. Cut in shortening. Add milk. Mix with spoon. When dough is stiff,

drop onto greased pan by spoonfuls. Bake at 400° until browned.



HOMEMADE AND HEALTHY BISCUITS

Peggy M. Walker, RD
MSU Extension Service

nonstick cooking spray
2 ¼ c. self-rising flour
1 tsp. sugar

¼ c. canola oil, chilled
¾ c. fat-free milk

Preheat oven to 475°. Spray baking sheet with nonstick cooking spray. Sift flour and sugar together. Mix chilled oil and milk together. Using a fork, stir oil/milk mixture into flour. Stir until dough pulls away from sides of bowl. Turn dough onto lightly floured surface. Knead gently 6 to 8 times. Roll out dough to ½-inch thick. Use a floured 2-inch round cutter to cut out biscuits. Gently work scraps together; re-roll and cut until all dough is used. Place biscuits on prepared baking sheet with sides touching. Bake in hot oven until golden brown, about 10 to 12 minutes. Yield: makes about 15 biscuits.



SWEET POTATO BISCUITS

Marianne Christian

⅓ c. light butter
2 ¾ c. reduced-fat all-purpose
baking mix

1 c. mashed sweet potatoes
½ c. low-fat or 2% milk

Cut butter into baking mix with pastry blender or 2 forks until crumbly. Whisk together sweet potatoes and milk. Add to butter mixture, stirring with a fork just until dry ingredients are moistened. Turn dough out onto a lightly floured surface. Knead gently 4 to 5 times. Dough will be moist. Pat or roll dough to ½-inch thickness. Cut with a 2-inch round cutter. Place on lightly greased baking sheet. Bake at 450° for 10 minutes or until golden brown.

CHURCHES HONEY BISCUITS

Lynn Shettles

Salvation Army, Memphis, TN

- | | |
|---------------------------------------|---|
| 2 c. flour | 1 tsp. cream of tartar |
| 4 tsp. baking powder | $\frac{2}{3}$ c. whole milk |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ stick butter, melted in small |
| 2 tsp. sugar | pan and set aside |
| $\frac{1}{2}$ c. vegetable shortening | $\frac{1}{3}$ c. honey |

Place flour, baking powder, sugar, salt and cream of tartar in a mixing bowl. Work in the shortening until the mixture feels like cornmeal. Pour milk into flour and mix well. Knead about 12 to 15 times. Break dough into about $\frac{1}{4}$ to $\frac{1}{3}$ cup size balls. Roll dough into balls and pat to $\frac{1}{2}$ -inch thickness. Brush with melted butter and place on a baking sheet. Place biscuits into a 450° preheated oven and bake 10 to 12 minutes. While biscuits are in the oven, pour the honey into the remainder of the butter and bring to a boil. Remove honey butter from heat and set aside. When biscuits are done, remove from the oven and immediately brush with honey butter.

PAPPY'S LOBSTER SHACK ROLLS

Pappy Sammons

Pappy's Lobster Shack

- | | |
|---------------------------------|--------------------------------|
| 1 pkg. active dry yeast | 1 Tbsp. sugar |
| $\frac{1}{3}$ c. warm water | 1 tsp. salt |
| 3 eggs | 3 c. all-purpose flour, sifted |
| $\frac{1}{2}$ c. Crisco, melted | $\frac{1}{2}$ c. butter |
| $\frac{1}{2}$ c. warm milk | |

Dissolve yeast in water. In mixing bowl, beat eggs, Crisco, milk, sugar and dissolved yeast. Beat well. Add flour; work in well. Knead in bowl until dough is smooth. Cover and let rise in a warm place until double in size. Punch dough down. Pull off small pieces of dough. Shape into a small ball and put into greased muffin tins. Cover; let rise. Bake at 400° for 10 to 12 minutes. Remove from oven and brush with melted butter.

GEORGINE'S FLUFFY ROLLS

Beverly Jones

1 $\frac{1}{4}$ c. milk
 $\frac{1}{4}$ c. vegetable shortening
 $\frac{3}{4}$ c. sugar
1 tsp. salt

1 (7 gram) packet active dry yeast
2 eggs, lightly beaten
4 c. flour
 $\frac{3}{4}$ c. melted butter

Combine milk, shortening, sugar and salt in a saucepan and cook, stirring constantly over medium heat until sugar dissolves. Remove from heat. Set aside and allow to cool. Mix yeast with $\frac{1}{4}$ cup lukewarm water in a large bowl. Set aside until yeast dissolves and little bubbles begin to appear on the surface, about 10 minutes. Pour cooled milk mixture into yeast. Stir in eggs and gradually add flour, stirring with a wooden spoon until dough is too stiff to stir, then use your hands to knead in the flour (dough will be sticky, so grease your hands with a little butter). Brush a small amount of butter on the inside of a large bowl and on one side of a sheet of waxed paper. Place dough in bowl. Cover with buttered waxed paper and lay a clean damp dish towel on top. Set aside to rise until doubled, at least 3 hours. Turn dough out onto a lightly floured surface. Knead until elastic, then roll out to $\frac{1}{2}$ -inch thickness. Cut dough with a 3-inch biscuit cutter. Dip each round into melted butter and fold in half. Line up, round edges up, sides touching, in a baking pan. Cover with buttered waxed paper and a towel and set aside to rise, at least 2 $\frac{1}{2}$ hours.

Preheat oven to 350°. Bake until golden, about 15 minutes. Rolls are best served warm.

EASY YEAST DINNER ROLLS

Velma Creekmore

1 pkg. frozen bread dough (the number of loaves vary according to brand)

Allow loaves to thaw. Place a thawed loaf on floured surface. Roll loaf to coat in flour. Pat down loaf to about 2-inches. With a sharp knife, slice down the center lengthwise. Then slice across into 6 pieces. Place in pan coated with Pam. Cover and let rise for about 2 to 3 hours.

Preheat oven according to directions on package. Cook for about 15 minutes or until golden brown on top. Remove and brush with melted butter.

SCHOOL CAFETERIA ROLLS

Mike Johnson

3 pkg. yeast	7 c. flour
2 c. warm water	½ c. dry milk
½ c. sugar	1 ½ tsp. salt
1 ½ sticks melted butter (¾ c.)	

Put yeast and water in mixing bowl. Add sugar. Let sit until dissolved (about 10 minutes), then add melted butter. Add flour, dry milk and salt. Knead well. If you don't have a heavy-duty mixer, only add part of the flour so you can mix them well and then knead the remainder of flour in. Shape into rolls. Place on greased sheet and let rise until double in bulk. Bake about 15 minutes at 425°.

SOUR CREAM ROLLS

Ginger Anglin

½ c. butter	½ c. warm water (105° to 115°)
1 (8 oz.) sour cream	2 eggs, beaten
½ c. sugar	1 tsp. salt
2 pkg. dry yeast	4 c. all-purpose flour
melted butter	

Place butter in a small pan and bring to a boil. Remove from heat. Stir in sour cream and sugar. Cool to lukewarm. Dissolve yeast in warm water in a large mixing bowl. Stir in sour cream mixture and eggs. Combine flour and salt and gradually add to yeast mixture, mixing well. Cover and refrigerate overnight. Punch down dough.

Roll out dough into a rectangular shape onto a floured surface and brush with butter. Cut into strips about 1-inch wide and cut again into rectangles about 2-inches long and fold over. Place in greased pan. Cover and let rise in a warm place about 2 hours or until doubled in size. Bake at 375° for 10 to 12 minutes or until golden brown. Makes 4 to 5 dozen.

ANGEL PUPPIES

Peggy M. Walker, RD
MSU Ext. Service

2 c. yellow or white all-plain
corn meal
½ c. all-purpose flour
1 Tbsp. baking powder
1 tsp. salt
½ tsp. baking soda

1 ½ Tbsp. sugar
1 pkg. active dry yeast
2 eggs or ½ c. egg substitute
2 c. nonfat buttermilk
2 Tbsp. canola oil
1 medium onion, chopped

Stir dry ingredients all together. Mix together eggs, buttermilk, oil and onion. Add to dry ingredients, stirring until just moistened. Spoon mixture into lightly greased and floured muffin pans, filling half full. Bake at 400° for 15 minutes or until muffins are lightly browned. Makes 2 dozen.

HUSH PUPPIES

Mike Johnson

2 c. corn meal
2 tsp. baking powder
¾ Tbsp. onion, chopped fine
1 Tbsp. flour
1 tsp. salt

1 c. milk
dash of red pepper
jalapeño (crank it up a notch
and add)

Mix these ingredients together. Drop from spoon into deep hot fat. Rinse spoon with cool water in between drops. Brown on both sides. Remove with slotted spoon. Place on paper towels to drain.

ACADIAN COUCH-COUCH

Sean Zeringue

Ruddy Keller

The Kush-Kush Queen, Crowley, LA

2 c. corn meal

1 ½ tsp. salt

1 tsp. baking powder

1 ½ c. milk or water

½ c. lard

Mix thoroughly the corn meal, salt, baking powder and milk or water and add to hot lard in hot skillet over high heat. Let a crust form. Give a good stir and lower heat to simmer. Cover and cook 15 minutes. Serve with milk and sugar as a cereal or with cane syrup and crisp bacon.

CAMP CORNBREAD

Pat Mitchell

1 (8.5 oz.) pkg. cornbread
muffin mix (Jiffy)

⅓ c. milk

1 egg, lightly beaten

1 (8 oz.) can creamed corn

½ c. sugar

Preheat oven to 350°. Lightly grease a 9 x 13-inch pan. Place muffin mix in a large bowl. Stir in the other ingredients. Pour into prepared pan. Bake in preheated oven for 30 minutes or until knife inserted in the center of cornbread comes out clean.

This is a sweet, chewy cornbread and easy to prepare.



RUSSIAN PIROJKI

Sunny Gafford

Executive Chef, Heaven

Pastry:

canned biscuits (regular or flaked)

Meat Filling:

- 4 Tbsp. butter
- 2 c. finely chopped onions
- 1 lb. lean ground round or sirloin
- 2 eggs, hard-boiled and finely chopped

- 6 Tbsp. dill pickle or green olives, finely cut
- 2 tsp. salt
- ¼ tsp. fresh ground black pepper

Or Green Onion and Rice Filling:

- 1 c. cooked white rice
- 1 large or 2 small bunches green onions (green part only), washed and sliced thin
- 2 eggs, hard-boiled for 10 minutes

- 1 Tbsp. butter
- ½ tsp. salt
- ⅛ tsp. ground black pepper (optional)
- 1 Tbsp. dill weed

To Make Pastry: Using a floured board, cut each biscuit in half or in quarters. Pat each biscuit piece into a ball, then lightly squash into a thick circle. Using a rolling pin, roll into thin circle, making sure it is strong enough to hold filling (about ⅛ to ⅙-inch thick). Put into the refrigerator while making filling.

To Make Meat Filling: Melt butter in a heavy 10 to 12-inch skillet over high heat. Add onions and cook over moderate heat for 8 to 10 minutes or until soft and transparent. Stir in beef; cook until no traces of pink remain. Break up any lumps and chop mixture fine. In a large bowl, combine onion and beef mixture with eggs, dill pickle or olives, salt and pepper. Mix thoroughly.

Or for the Green Onion and Rice Filling: Drain cooked rice. Add butter to warm rice and mix. Add eggs and green onions to rice mixture. Add salt, pepper and dill weed. Mix well.

Preheat oven to 400°. Drop approximately 2 teaspoons of meat or onion and rice filling into the middle of each circle of dough. Bring edges together to form into a crescent shape, pressing hard along the edges to make tight seam. Place Pirojki on a heated cookie sheet that has been covered with thin layer of vegetable oil. Place about ½-inch apart with seam side down. Use cooking instructions from canned biscuits for oven temperature and cooking time. Cook until golden brown on both sides.

adding vegetable oil, if necessary. Remove from oven and drain on paper towels.

JALAPENO CORNBREAD

Mike Johnson

2 boxes Jiffy cornbread muffin mix
2 c. Cheddar cheese, grated
1 (15 oz.) can cream-style corn
2 c. sour cream

$\frac{2}{3}$ c. canola oil
1 medium onion, chopped
4 eggs, beaten
 $\frac{1}{4}$ c. chopped jalapenos or more to taste

Preheat oven to 350°. Combine ingredients in a large bowl and mix well. Pour into a 9 x 13 pan and bake for 30 to 45 minutes.

--EXTRA RECIPES--



CAKES, COOKIES & DESSERTS

*G*O EAT...DRINK OF THE SWEET,
AND SEND PORTIONS TO HIM WHO HAS
NOTHING PREPARED..."

NEHEMIAH 8:10

Candy Testing



Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from heat. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water.
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water.
Taffy	250-266	Hard Ball	Syrup forms hard ball, although it is pliable.
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water.
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized ball in cold water	Sugar first melts, then becomes a golden brown and forms a hard, brittle

Cakes, Cookies & Desserts

ST. TIMOTHY'S EASTER COOKIES

St. Timothy
Traditional Easter Cookie Story

1 c. whole pecans
1 tsp. vinegar
3 egg whites

pinch of salt
1 c. sugar

You will need zipper Baggies, wooden spoon, tape and a Bible.

Preheat oven to 300° (this is important; don't wait until you're half done with the recipe)! Place pecans in zipper Baggies and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested, He was beaten by the Roman soldiers. Read John 19:1-3.

Let each child smell the vinegar. Put 1 teaspoon into mixing bowl. Explain that when Jesus was thirsty on the cross, He was given vinegar to drink. Read John 19:28-30.

Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John: 10-11.

Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers and the bitterness of our own sin. Read Luke: 23:27.

Add 1 cup sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Psalm 34:8 and John 3:16.

Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Explain the color white represents the purity of those whose sins have been cleansed by Jesus. Read Isaiah 1:18 and John 3:1-3.

Fold in broken nuts. Drop by teaspoons onto wax paper-covered cookie sheet. Explain that each mound

represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60.

Put the cookie sheet in the oven. Close the door and turn the oven OFF.

Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matthew 27:65-66.

GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22.

On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow!

On the first Easter, Jesus' followers were amazed to find the tomb open and empty. Read Matthew 28:1-9.

AMISH COOKIES

Lynn K. Lee

1 c. sugar
1 c. margarine
1 c. powdered sugar
1 c. oil
2 eggs

3 tsp. vanilla
½ c. all-purpose flour
1 tsp. cream of tartar
1 tsp. soda
1 tsp. salt

Blend sugars, margarine and oil. Add eggs and beat well. Add vanilla. Combine flour, cream of tartar, soda and salt. Sift into first mixture and mix well. Dough is somewhat thin. Roll into small balls and roll ball in granulated sugar. Place on baking sheet and flatten with a fork. Bake at 375° for 10 to 12 minutes. Yields 7 to 8 dozen cookies.

ANDY'S FAVORITE CHRISTMAS FRUIT COOKIES

Mary Lynn Andrews
Father Andy's Mother

1 ½ c. brown sugar
1 c. butter
3 eggs, well beaten
2 c. flour
1 tsp. salt
1 tsp. cinnamon

1 tsp. soda
2 lb. chopped dates
1 ½ lb. candied cherries, finely cut
3 c. chopped pecans

Sift spices and soda with flour. Cream sugar and butter well. Add eggs, flour, fruit and nuts. Drop on greased baking sheet by heaping teaspoonfuls. Bake at 350° about 10 minutes. Makes about 8 dozen cookies.

BROWN SUGAR REFRIGERATOR COOKIES

Ginger Anglin

1 c. firmly packed dark brown sugar
½ c. butter, slightly softened
1 egg
1 tsp. cream of tartar

2 c. flour
1 tsp. vanilla
½ tsp. soda
¼ tsp. salt
1 c. finely chopped pecans

Cream brown sugar and butter until smooth. Add egg and vanilla. Mix dry ingredients together and add to mixture. Add pecans. Shape into 2 logs and wrap in waxed paper, then foil. Place in freezer until ready to bake. Take from freezer and let sit at room temperature for about 10 minutes. Slice into thin slices and place on an ungreased cookie sheet. Bake for about 10 minutes in a 350° oven. Watch closely so they do not become too brown on the edges or they will become too hard. Remove from cookie sheet immediately. Cool and store in airtight container. Makes about 6 dozen.

CHOCOLATE COVERED CHERRY COOKIES

Lynn K. Lee

Cookie:

1 ½ c. self-rising flour
½ c. unsweetened cocoa
¼ tsp. salt
1 c. sugar

½ c. melted margarine
1 egg
1 ½ tsp. vanilla
1 jar maraschino cherries

Frosting:

½ c. Eagle Brand milk
6 oz. chocolate chips

¼ tsp. cherry juice

Cookie: Mix all ingredients together into stiff dough. Roll into approximately 1 ½-inch balls. Press center of ball with thumb and place a drained cherry in the center. Bake at 350° for 8 to 10 minutes.

Frosting: Microwave all ingredients together, melting all chips. Stir to make chocolate sauce. Spoon over cooled cookies.

1 "HELLO DOLLY" (OR "MAGIC SQUARES") COOKIES

Jacqueline Pamele
Executive Chef, Heaven

½ c. butter, melted
1 ½ c. graham cracker crumbs
1 c. (one 6 oz. pkg.)
semi-sweet chocolate
morsels
1 c. (one 6 oz. pkg.)
butterscotch morsels

3 ½ oz. (1 ½ c.) coconut
½ c. nuts, chopped (preferably
walnuts)
1 (14 oz.) can Eagle Brand
condensed milk

Preheat oven to 350°. Mix butter and graham cracker crumbs. Pat evenly into bottom of ungreased 13 x 9-inch pan. Layer in order the next 4 ingredients. Pour condensed milk over all. Bake in preheated oven at 350° for 30 minutes or until done. Cool on wire rack. Cut into bars.

Makes 36 (2 x 1/2-inch) bars (5 cuts in each direction) or 48 (1 1/2 x 1 1/2-inch) squares (5 short side and 7 long side cuts).

NEIMAN-MARCUS COOKIES

Eugenia Tanner

2 c. butter
4 c. flour
2 tsp. soda
2 c. sugar
5 c. blended oatmeal
24 oz. chocolate chips
2 c. brown sugar

1 tsp. salt
1 (8 oz.) Hershey bar, grated
4 eggs
2 tsp. baking powder
2 tsp. vanilla
3 c. chopped nuts

Measure oatmeal and blend to a fine powder. Cream the butter and both sugars. Add eggs and vanilla; mix together with the flour, oatmeal, salt, baking powder and soda. Add the chocolate chips, Hershey bar and nuts. Roll into balls and bake on cookie sheet, placed 2-inches apart, at 375° for 8 to 10 minutes. Makes approximately 112 cookies.

POLKA DOT COOKIES

Mickey Cain

1 (21.2 oz.) pkg. fudge brownie mix
1/2 c. vegetable oil
2 large eggs

1 c. white chocolate morsels
or vanilla milk chocolate morsels

In a bowl, combine first 3 ingredients, stirring well. Stir in morsels. Drop dough by rounded teaspoonful 2-inches apart on ungreased baking sheets. Bake at 350° for 10 minutes. Cool in pan for 2 minutes. Move to wire rack to finish cooling. Makes 4 dozen.

SUGAR COOKIES

Linda Welmer

1 c. butter
2 c. sugar
 $\frac{2}{3}$ tsp. baking soda
 $\frac{1}{2}$ tsp. salt
1 tsp. vanilla

3 eggs, beaten
 $3\frac{2}{3}$ c. flour
2 tsp. baking powder
sugar (for sprinkling)

Cream butter, sugar, salt, soda and vanilla. Add beaten eggs. Sift flour and baking powder together. Add creamed mixture. Chill dough until firm enough to roll on a floured pastry cloth or waxed paper. Divide dough into thirds. Cut cookies into round circles. Place on a greased cookie sheet. Sprinkle with sugar. Bake at 400° for 5 to 8 minutes until cookie is a light brown. Cool on a baking rack. Makes about 3 dozen cookies.

100 GOOD COOKIES

Betty Hackney

1 c. white sugar
1 c. brown sugar
1 c. oil
1 c. margarine
1 egg
1 tsp. vanilla flavoring
 $\frac{1}{2}$ tsp. cream of tartar

1 tsp. soda
 $3\frac{1}{2}$ c. flour
1 c. Rice Krispies
1 c. flaked coconut
1 c. quick cooking oatmeal
1 c. chopped nuts

Combine the first 6 ingredients. Then add the cream of tartar, soda and flour. Stir in the Rice Krispies, coconut, oatmeal and nuts. Drop by teaspoons. Bake at 350° for 10 minutes (may vary). Let set for a minute before removing from pan.

WYOMING WHOPPERS

Lynn K. Lee

$\frac{2}{3}$ c. margarine
1 $\frac{1}{4}$ c. brown sugar
 $\frac{3}{4}$ c. sugar
3 eggs, beaten
1 $\frac{1}{2}$ c. Jif crunchy peanut butter

6 c. old fashioned oatmeal (in cylinder box)
2 tsp. baking soda
1 $\frac{1}{2}$ c. raisins
12 oz. chocolate chips

NO FLOUR.

Melt butter over low heat. Blend in sugars, eggs and peanut butter until smooth. Add oats, soda, raisins and chocolate chips. Mixture will be sticky! Drop onto greased baking sheet. Flatten slightly. Bake at 350° approximately 15 minutes. Cool completely.

FRESH APPLE CAKE

Eddy Henning

Cake:

2 tsp. cinnamon
1 c. oil
2 c. sugar
3 eggs
2 c. self-rising flour

1 c. nuts
1 tsp. vanilla
2 c. fresh apples, diced thin (I use Fuji apples)

In mixing bowl, slightly beat eggs, then add oil and stir. Add other ingredients and stir until blended. Batter will be stiff. Pour in 9 x 13 pan which has been sprayed with PAM. Sprinkle 1 (6 ounce) package of butterscotch morsels on top of batter and bake for 45 to 60 minutes at 325°.

Glaze:

1 c. brown sugar
1 stick butter (I use real butter)

$\frac{1}{4}$ c. evaporated milk
1 tsp. vanilla

Put ingredients in saucepan and boil for 1 minute. Pour glaze over cake as soon as cake is removed from oven.

HEAVENLY BUTTERFINGER DESSERT

Mary Lynn Andrews
Father Andy's Mother

16 oz. angel food cake
6 Butterfinger candy bars
1 pt. whipping cream
¼ c. butter, melted

2 eggs
2 tsp. vanilla extract
2 c. powdered sugar

In a medium mixing bowl, beat the eggs with a whisk until blended. Pour melted butter over the eggs and whisk again until blended. Add the sugar and blend until smooth. Whisk in the vanilla extract. Using a hand mixer, whip the whipping cream until stiff. Fold the whipped cream into the egg and butter mixture. Break the angel food cake into small pieces. Crush the Butterfingers by pulsing in a food processor or by placing in a Ziploc bag and rolling with a rolling pin.

In a 9 x 13-inch pan, layer half of the angel food cake pieces, half of the creamed mixture and half of the Butterfingers. Repeat. Cover and refrigerate overnight.

You may also use a trifle bowl.

HELEN TURNER'S BUTTER PECAN CAKE

Polly Terry

1 box butter pecan cake mix
1 can coconut-pecan icing
4 whole eggs

¾ c. oil
¾ c. water

Beat eggs with oil, water and coconut-pecan icing. Add cake mix. Mix well. Cook in greased nonstick tube cake pan at 350° for 1 hour or more. Cool a few minutes before removing. Do not ice or use topping.

If nonstick cake pan is not available, line tube pan with wax paper.

CARAMEL APPLE CHEESE CAKE

Eddy Henning
Lottie L. Garner

- | | |
|---|--------------------------------|
| 1 ready made graham pie crust | 1 tsp. lemon juice |
| 1 (21 oz.) can apple pie filling, divided | ½ tsp. vanilla |
| 1 (8 oz.) pkg. cream cheese, softened | 3 eggs |
| ½ c. sugar | ½ c. caramel ice cream topping |
| | ⅓ c. pecans, toasted |

Place crust on baking sheet; spread with ½ pie filling and set aside. In a large mixing bowl, beat cream cheese, sugar, vanilla and lemon juice until fluffy. Add eggs, one at a time, mixing until just combined after each addition. Gently spread over filling in the crust. Bake at 350° for 30 minutes. Cool for 1 hour. Refrigerate for 3 hours. Spread with remaining pie filling. Drizzle with caramel topping and pecans. Keep refrigerated.



LONDONDERRY CHEESECAKE

Jacqueline Parmele
Executive Chef, Heaven

- | | |
|-------------------------------------|---------------------------------------|
| 1 ½ c. flour, sifted | vanilla extract |
| approximately 2 c. granulated sugar | 1 (8 oz.) pkg. cream cheese, softened |
| grated lemon peel | 1 c. finely grated Cheddar cheese |
| ½ tsp. grated orange peel | ¼ c. beer |
| ¾ c. butter | ¼ c. whipping cream |
| 4 eggs | |
| 4 egg yolks | |

Start early in the day.

Step 1: In a medium bowl, combine flour, 6 tablespoons sugar and 1 teaspoon grated lemon peel. By hand (i.e., don't use mixer), cut in butter until mixture is crumbly, then with a fork, stir in 2 egg yolks and ½ teaspoon vanilla extract to form a dough. Refrigerate 30 minutes. Preheat oven to 400°.

Step 2: Press $\frac{1}{3}$ of chilled dough evenly onto the bottom half of a spring-form pan. Bake 8 to 10 minutes or until golden brown. Let cool until you can handle pan. Press rest of dough around sides of the spring-form pan (to within 1-inch of the top in a 10 $\frac{1}{2}$ -inch pan or to within $\frac{1}{4}$ -inch of the top of a 9 $\frac{1}{2}$ -inch pan). (Keep oven on at 400° or return it to 400° before Step 5.)

Step 3: In a large bowl, using an electric mixer at high speed, beat cream cheese until fluffy. Gradually add Cheddar cheese, beating until all is well blended (about 5 minutes).

Step 4: Combine 1 $\frac{3}{4}$ cups sugar, $\frac{1}{2}$ teaspoon vanilla extract, $\frac{1}{2}$ teaspoon grated lemon peel and the grated orange peel. Add this mixture gradually to the cheese mixture, beating until smooth. Add eggs and 2 egg yolks, one at a time, beating mixture well after each addition. Stir in beer and cream.

Step 5: Pour cheese mixture into spring-form pan and bake at 400° for 5 minutes or until top is a light brown. Reduce oven heat to 250° and bake for 1 to 2 hours (until top is firm and a cake tester inserted in the center comes out clean).

Step 6: Cool 4 to 6 hours in the spring-form pan away from any draft. Remove from spring-form pan, transferring to serving dish and refrigerate for a few hours. Wrap cake in Saran Wrap and return to the refrigerator. Serves 12 to 16 (large slices).

Note: Her husband regards this as the world's best cheesecake.

EASY MINIATURE CHEESE CAKES

Marianna Christian

2 (8 oz.) cream cheese,
softened
 $\frac{1}{2}$ c. sugar

$\frac{1}{2}$ tsp. vanilla
2 eggs

Mix cream cheese, sugar and vanilla well. Add eggs and mix. Place vanilla wafers in paper lined muffin tins (will make 12 cakes). Put cream cheese mixture on top of

wafers. Bake at 350° for 20 minutes. Cool and refrigerate 2 hours or overnight. May add pie filling (cherry or blueberry) on top of each before serving.

EASY CARROT CAKE

Nina Cutler

Cake:

- | | |
|---|----------------------|
| 2 c. sugar | 2 c. flour |
| 1 c. vegetable oil | ½ tsp. salt |
| 4 eggs | 1 ½ tsp. baking soda |
| 2 (4 ½ oz.) jars strained baby food carrots | 2 tsp. cinnamon |
| 1 tsp. vanilla | ¼ tsp. nutmeg |
| | ¼ tsp. cloves |

Combine sugar and oil and beat well. Add eggs, carrots and vanilla and beat well. Add rest of ingredients and beat well. Pour batter into 2 greased and floured cake pans. Bake at 350° for 30 minutes. Cool in pans 10 minutes. Remove.

Cream Cheese Frosting:

- | | |
|--------------------------------------|---------------------------|
| 1 (8 oz.) pkg. softened cream cheese | 1 Tbsp. vanilla |
| 1 stick soft butter | 1 box confectioners sugar |
| | 1 ¼ c. chopped pecans |

Combine and beat until smooth. Apply frosting when cake is cool.

MISS LETTY'S CHOCOLATE ECLAIR CAKE

Susan Zeringue

- | | |
|--|-----------------------------|
| 1 box graham crackers | 12 oz. Cool Whip |
| 2 pkg. vanilla or French vanilla pudding | 1 can chocolate fudge icing |

Prepare pudding according to package directions. Fold in 12 ounces Cool Whip. Layer into 9 x 13-inch pan the crackers, pudding mix, crackers, pudding mix and

crackers. Heat the fudge icing in microwave for about 15 seconds (don't forget to remove foil!). Spread heating icing over top layer of crackers. Cool and then eat!

CHOCOLATE PUDDING CAKE

Darlene Carnell

1 yellow cake mix

½ c. oil

3 eggs

1 small instant chocolate
pudding mix

½ c. water

8 oz. sour cream

6 oz. milk chocolate chips

Pour in Bundt pan and bake at 350° about 50 minutes. Do not overbake. Sprinkle with powdered sugar. This cake gets better as it sits.

CHOCOLATE YUMMY CARAMEL CAKE

Judy Morris

1 devil's food cake mix

1 jar caramel ice cream
topping

5 Heath bars, chopped

1 container Cool Whip

Make devil's food cake according to package directions. Cool 10 minutes. Poke holes in top of cake with wooden spoon handle, about every 1 ½-inches. Heat jar of caramel ice cream topping for 45 seconds in microwave. Pour caramel over cake, making sure it gets in holes. Refrigerate until cool or overnight. Ice cake with Cool Whip. Sprinkle Heath bar pieces on top. Keep refrigerated.

COCONUT RAVE REVIEW CAKE

Diane Cannon

(Italian Cream Cake)

Cake:

1 pkg. yellow cake mix
1 pkg. instant vanilla pudding
(4 serving)
1 $\frac{1}{3}$ c. water

4 eggs
 $\frac{1}{4}$ c. oil
2 c. Angel Flake coconut
1 c. chopped pecans

Icing:

4 Tbsp. margarine
2 c. coconut
1 (8 oz.) pkg. cream cheese

2 tsp. milk
3 $\frac{1}{2}$ c. sifted powdered sugar
 $\frac{1}{2}$ tsp. vanilla

Cake: Blend first 5 ingredients in a large mixer bowl for 4 minutes. Stir in coconut and pecans. Pour into 2 or 3 greased and floured pans. Bake at 350° for 35 minutes. Cool 15 minutes.

Frosting: Melt 2 tablespoons oleo in skillet and add coconut. Stir until brown. Spread on paper towel to absorb margarine. Cream 2 tablespoons margarine with cream cheese. Add milk. Then stir 1 $\frac{3}{4}$ cups coconut into icing. Ice layers, not sides. Sprinkle remaining $\frac{1}{4}$ cup coconut on top.

KARIN'S CHESS SQUARES

Marianne Christian

1 box yellow cake mix
1 stick margarine
4 eggs

8 oz. cream cheese
1 box powdered sugar

Mix cake mix, 1 egg and margarine. Pat in bottom of 9 x 13 dish. Mix the remaining 3 eggs, cream cheese and powdered sugar together. Place this on top of the cake mixture. Bake at 300° about 40 minutes.

DING DONG CAKE

Debbie Webb

Cake:

1 box Duncan Hines devil's food cake mix

Filling:

8 oz. cream cheese

1 small tub Cool Whip

1 (1 lb.) box powdered sugar

Frosting:

1 can Duncan Hines milk chocolate frosting

Cake: Bake according to directions on cake mix box. Slice layers in half horizontally.

Filling: Mix cheese, sugar and Cool Whip. Spread heavily between 4 layers of cake.

Frosting: Microwave frosting just to warm and pour over cake to cover. Cool and serve.



CHERRY DUMP CAKE

Sarah Dawson

BL Timothy's, Chef

Very easy and delicious. Great recipe for kids to put together themselves! Just "dump" the ingredients into a pan and bake.

1 can cherry pie filling

1 (20 oz.) can crushed pineapple with juice (do not drain)

1 yellow cake mix (dry, straight out of the bag)

1 (8 oz.) bag chopped walnuts
or pecans (your preference)

1 (7 oz.) bag flaked or shredded coconut

¼ c. butter, melted (1 stick)

Preheat oven to 350°. Take out but do not prepare 13 x 9-inch baking pan. Dump cherry pie filling and undrained pineapple into pan. Spread around to combine fruit just a little. Sprinkle dry cake mix evenly over the

fruit. Sprinkle nuts and coconut over cake mix. Drizzle butter evenly over nuts and coconut. Bake for 40 to 45 minutes or until coconut looks toasty. Let cool for 15 minutes or so. Serves 12.



30 DAY FRIENDSHIP CAKE

Lottie L. Garner

Starter Ingredients:

7 ½ c. sugar
1 (20 oz.) can sliced peaches
1 (20 oz.) can chunk
pineapple

2 (9 oz.) jars maraschino
cherries

For Each Cake Baked:

1 box yellow cake mix
1 (3 ¼ oz.) box vanilla instant
pudding
4 eggs
⅔ c. oil

¼ c. water
1 ½ c. fruit mixture, drained
3 Tbsp. fruit syrup
1 c. chopped nuts

Glaze:

¼ c. butter or margarine
½ c. sugar

¼ c. fruit syrup

In a gallon jug or a large plastic bowl, combine 2 ½ cups sugar and slices peaches and juices. Stir every day with a wooden spoon only for 10 days.

On day 10, add 2 ½ cups sugar and chunk pineapple and its juices. Stir every day with a wooden spoon only for 10 days.

On day 20, add 2 ½ cups sugar and maraschino cherries with its juices. Stir every day with a wooden spoon only for 10 days.

On day 30, drain off juice into large bowl. You have enough juice for 4 starters plus enough juice for 3 cakes which will be yours. Take 1 ½ cups each per jar for each friend and give them the following instructions.

Do not refrigerate mix and do not cap jar tightly. Not ever. Stir only with a wooden spoon, not a metal spoon. Cover jar or bowl with cheesecloth and use rubber band to lid on top. Do not seal.

For each cake baked, combine yellow cake mix (no pudding in mix), vanilla instant pudding, eggs, oil, water, 1 ½ cups fruit mixture, 3 tablespoons fruit syrup and nuts. Bake at 325° for 50 to 60 minutes. Do not test with a toothpick. Do not touch. Let it peel away from sides of pan until done. Invert only plate while warm.

Mix butter, sugar and ¼ cup fruit syrup; boil for 1 minute. Cool slightly. This is enough glaze for 3 cakes. Poke holes in warm cake. Pour glaze over cake slowly and let soak in and down the sides. Keep in freezer up to 5 to 6 months.

UNITED KINGDOM FRUIT CAKE

Uncle Phaëdrus
Grandma Barbara

- | | |
|---|---|
| ½ lb. butter | ½ tsp. baking powder |
| 4 oz. brown or white sugar | 1 lb. oz. any dried fruit (include dried cranberries) |
| 1 oz. ground almonds | 2 eggs |
| 8 oz. plain flour (suppose you call it all-purpose flour with no raising agent) | 1 small tin evaporated milk (Carnation) |

Cream butter and sugar. Add slightly beaten eggs. Mix baking powder in with flour and ground almonds, flour and fruit alternately and lastly the evaporated milk. Bake in 7-inch square cake tin for 3 hours at 300°. Cool before turning onto wire tray.



NO-BAKE FRUIT CAKE

Glenda Bailey
Grandma Barbara

- | | |
|----------------------------|------------------------------------|
| 1 box graham crackers | 1 jar maraschino cherries |
| 1 lb. walnuts | 1 jar green cherries |
| 1 lb. pecans or other nuts | 1 small bag miniature marshmallows |
| 1 lb. dark raisins | 1 small box figs |
| 1 lb. light raisins | 1 small box dates |
| 1 lb. currants | |
| 1 can Eagle Brand milk | |

Mix together and press into buttered cake mold. Leave in the refrigerator for 24 hours (covered). To remove from mold, press hot towel around pan. Keep refrigerated.

GERMAN CHOCOLATE BUNDT CAKE

Bess Burgess

- | | |
|---|---------------------------|
| 1 box Pillsbury German chocolate cake mix | ½ c. water |
| 4 eggs, beaten | 1 c. chocolate pudding |
| ¾ c. Crisco oil | 1 can coconut pecan icing |

Preheat oven to 325°. Beat together first 5 ingredients by hand (or mixer) until well mixed. Add 1 can coconut pecan icing. Mix well. Pour into prepared Bundt pan. Bake at 325° for 50 minutes to 1 hour until done.

ICING IN BUNDT CAKE

Bess Burgess

- | | |
|------------------------|---------------------------------|
| 1 pkg. yellow cake mix | ½ c. oil |
| 4 eggs | 1 container coconut pecan icing |
| ¾ c. milk | |

Preheat oven to 325°. Beat all ingredients together for 2 minutes. Add coconut pecan icing and mix by hand. Pour into prepared Bundt pan. Cook at 325° for 1 hour.

UPSIDE-DOWN GERMAN CHOCOLATE CAKE

Eugenia Tanner

- | | |
|----------------------------------|--------------------------------------|
| 1 German chocolate cake mix | $\frac{3}{4}$ c. butter or margarine |
| 1 c. coconut | 8 oz. cream cheese, softened |
| 1 c. chopped nuts | 1 (1 lb.) box confectioners |
| $\frac{1}{2}$ c. chocolate chips | sugar |

Preheat oven to 350°. Mix together coconut and nuts. Put in the bottom of a greased 9 x 13-inch pan. Sprinkle chocolate chips over the coconut and nuts.

Mix cake mix according to directions on the box and pour over bottom layer.

In a separate bowl, beat together butter and cream cheese with an electric mixer. Slowly add in powdered sugar, mixing well. Pour over cake batter. Bake 40 to 50 minutes.

HEATH BAR CAKE

Lila Dunavant

Cake:

- 1 devil's food cake mix

Cook cake as directed on box. While still hot, glaze!!

Glaze:

- | | |
|--|--|
| 1 can sweetened condensed milk | $\frac{1}{2}$ bag Heath bar chips (chocolate/toffee) |
| Kroger brand caramel sauce (ice cream section) | |

Top cake with these ingredients. Let cool.

Topping:

- | | |
|------------------------|-----------------------------------|
| 12 to 16 oz. Cool Whip | $\frac{1}{2}$ bag Heath bar chops |
|------------------------|-----------------------------------|

Then before serving, apply Cool Whip and second $\frac{1}{2}$ bag of Heath bar chips.

LEMON CAKE

Darlene Carnell

Cake:

1 pkg. Duncan Hines Lemon
Supreme cake mix
1 pkg. lemon jello

$\frac{3}{4}$ c. Crisco oil
 $\frac{3}{4}$ c. milk

Icing:

juice of 1 lemon or 2 Tbsp.
lemon juice concentrate

4 eggs

Cake: Mix all together and put in Bundt pan that is well-greased or buttered. Bake 1 hour at 350°. Serve plain or with Icing.

Icing: Juice of lemon. Add powdered sugar until thick enough to spread and drip a little down the sides.

LEMONADE CAKE

Eugenia Tanner

1 lemon cake mix
1 c. frozen lemonade
concentrate, thawed

1 c. powdered sugar
1 container lemon or vanilla
frosting

Heat oven to 350°. Prepare and bake as directed on package in greased 9 x 13-inch pan. Cool 15 minutes.

Stir together lemonade concentrate and powdered sugar. Poke holes in warm cake with fork. Drizzle lemonade mixture evenly over cake. Refrigerate cake until cold. Spread frosting over cold cake. Cover and refrigerate leftover cake.

LEMON ICEBOX CAKE

Lisa Dunavant

Cake:

yellow cake mix

Cook as directed. Cool, then split layers with thread into 4 layers.

Icing:

16 oz. Cool Whip
½ fresh squeezed lemon juice

1 can sweetened condensed milk

Make icing ahead of time and chill. Ice cake when cooled.

MANDARIN ORANGE CAKE

Debbie Webb

Cake:

1 box Duncan Hines butter
batter cake mix
2 large cans Mandarin
oranges, drained

¾ c. Wesson oil
4 eggs

Icing:

1 large and 1 small container
Cool Whip
1 large can crushed pineapple
(in heavy syrup)

2 large pkg. vanilla instant
pudding

Cake: Gently mix eggs, oil and oranges without seeds. Add cake mix. Mix well for 5 minutes. Pour mix in a well-greased and floured pan. Cook at 350° until cake is done. Turn on a cooling rack.

Icing: Put Cool Whip in large bowl. Add pudding and pineapple. Fold mixture together. Place in fridge while cake is cooling.

After cake is completely cooled, slice vertically; separate layers. Icing first cut piece. Stack second on top of first and finish icing. Keep cool and enjoy.

MISSISSIPPI EMERIL MUD CAKE

Barbara Jordan Johnson
Emeril Legasse, Chef

½ lb. unsalted butter
2 tsp. unsalted butter, cut
into ½-inch pieces
1 Tbsp. unsweetened cocoa
powder
2 c. all-purpose flour
1 tsp. baking soda
⅛ tsp. salt

½ c. bourbon
1 ½ c. strong brewed coffee,
cooled
5 oz. unsweetened chocolate,
chopped
1 ¾ c. sugar
1 tsp. pure vanilla extract
2 large eggs, lightly beaten

Preheat the oven to 275°. Grease a Bundt pan with 2 teaspoons of the butter, then lightly dust with the cocoa. Sift the flour with the baking soda and salt into a bowl and set aside.

Warm the bourbon and coffee in the top of a double boiler or a stainless steel bowl set over a pan of simmering water for 5 minutes. Add the chocolate and remaining butter and cook, stirring until melted and smooth, about 3 minutes. Remove from the heat. Add the sugar and stir to dissolve. Cool slightly. Using a whisk or an electric mixer, stir the flour, ½ cup at a time, into the chocolate. Add the vanilla and eggs, whisking to mix well. Pour the batter into the prepared pan and bake for 1 hour. (The cake will be slightly soft in the middle.) Remove from the oven and let rest in the pan for 20 minutes, then turn out onto a cooling rack to cool for at least 30 minutes before serving.

NEIMAN-MARCUS CAKE

Melanie Saffold

1 box cake mix (yellow or
chocolate)
1 (6 oz.) pkg. chocolate chips
2 eggs, beaten
1 c. coconut
1 stick margarine

1 (8 oz.) pkg. cream cheese
1 c. chopped pecans
3 eggs, beaten
1 (16 oz.) box confectioners
sugar

Combine dry cake mix, 2 beaten eggs and margarine. Spread into a 9 x 13-inch cake pan that has been sprayed with nonstick cooking spray. Sprinkle pecans, chocolate chips and coconut on top of crust.

Mix cream cheese, 3 beaten eggs and confectioners sugar and pour over top of cake. Bake at 350° for 45 to 50 minutes.

GERMAN CHOCOLATE POUND CAKE

Connie Fincher

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|--|------------|
| 1 (18.25 oz.) German
chocolate cake mix | 4 eggs |
| 1 (15 oz.) can coconut-pecan
frosting | ½ c. oil |
| | 1 c. water |

Preheat oven to 350°. Grease and flour 12-cup tube pan or Bundt pan. Mix all ingredients (including the icing) in mixer at medium speed 2 minutes. Pour into prepared pan and bake 55 to 60 minutes. Remove from oven to wire rack and allow cooling for 10 minutes. Invert onto serving plate and dust with powdered sugar.

CREAM CHEESE BLUEBERRY POUND CAKE

Lottie L. Garner

- | | |
|--|--|
| 3 large eggs | 1 box Butter Recipe Golden
cake mix |
| 1 (8 oz.) pkg. cream cheese,
softened | 1 (16 oz.) can blueberries,
drained |
| ½ c. oil | |
| ½ c. water | |

Combine eggs, cream cheese, oil and water and blend together well with electric mixer. Add cake mix and beat until smooth. Fold in blueberries. Pour batter into a greased 10-inch tube pan. Bake at 350° for about 45 minutes or until cake tests done. Remove from pan to wire rack to cool.

HERSHEY BAR POUND CAKE

Lottie L. Garner

5 plain Hershey bars
1 lb. can Hershey's syrup
2 ½ c. flour
½ tsp. soda
¼ tsp. salt
1 c. butter (room temperature)

2 c. sugar
4 eggs
1 c. buttermilk
1 Tbsp. vanilla
1 c. nuts (optional)

Melt Hershey bars with syrup (may use double boiler or microwave); will be lumpy. Mix flour, soda and salt; set aside. Cream butter and sugar in large bowl, mixing well at medium speed. Add eggs, one at a time, beating well after each one. Then start alternating buttermilk and flour until mixed. Beat at high speed for 2 minutes. Add chocolate and vanilla and beat at low speed. Bake in well-greased and floured tube pan at 325° for 1 hour and 30 minutes. Do not open door. Better after one day old.

EASY DUNCAN HINES POUND CAKE

Marianne Christian

1 box Duncan Hines "Butter
Golden cake"
¾ c. sugar
¼ c. milk
½ c. oil

4 medium eggs
8 oz. carton sour cream
1 tsp. vanilla
½ tsp. lemon flavoring
¼ tsp. almond flavoring

Grease tube pan and flour. Mix all ingredients and then beat 2 minutes on high (hand mixer will do). Bake in 375° preheated oven 45 minutes.

JULIE'S STRAWBERRY POUND CAKE

Dr. Barbara Jones, Sr. Warden
St. Timothy's Episcopal Church

2 sticks butter
3 c. sugar
6 eggs
1 c. sour cream
1 (3 oz.) pkg. strawberry Jell-O

3 c. sifted flour (cake flour
works best)
1 tsp. vanilla
½ tsp. baking soda

Soft butter. Add sugar and cream together. Add flour. Add eggs, one at a time. Stir in Jell-O and sour cream. Oil and flour tube pan. Add ingredients. Bake at 325° for 1 hour. Cool in pan. Put pan upside down on cake plate to cool for 15 to 20 minutes.

PUDDING PASTRY CAKE

Wanda Dlugach

Cake:

1 c. flour	½ can Eagle Brand milk
1 stick melted butter	1 c. pecans, chopped

Cream flour, butter and milk. Add pecans. Spread in bottom of 9 x 13 pan. Bake 20 minutes at 350°. Allow to cool.

Center:

1 (8 oz.) pkg. cream cheese	1 large carton Cool Whip
1 c. powdered sugar	

Cream cheese, sugar and ½ Cool Whip. Spread over crust.

Pudding:

1 pkg. instant chocolate pudding	1 pkg. instant vanilla pudding
	2 c. milk

Mix pudding mixes and milk until smooth. Pour over second layer. Apply remaining Cool Whip on top. Sprinkle with grated chocolate bar if desired. Chill until set.

1 RED VELVET CAKE

Lucile Johnson
Barbara Johnson

Cake:

½ c. shortening	2 oz. red food coloring
½ tsp. salt	2 c. flour
1 ½ c. sugar	1 tsp. baking soda
1 c. buttermilk	1 Tbsp. cocoa powder
2 eggs	1 Tbsp. vinegar

Preheat the oven to 350°. Cream the shortening and sugar together with an electric mixer until light and fluffy. Beat in the eggs. Mix together the flour, cocoa powder and salt. Add to creamed mixture alternately with butter-milk and food coloring, beating well after each addition. Dissolve the baking soda in the vinegar and fold in. Turn into 3 greased and floured 8-inch or two 9-inch layer pans. Bake 25 minutes or until done. Cake is done when toothpick inserted in center comes out clean. Cool on racks and frost with White Butter Icing.

White Butter Icing:

**1 (1 lb.) box 10x confectioners
sugar**
1 stick butter or margarine

2 tsp. vanilla extract
milk

In a deep mixing bowl, let butter or margarine stand until soft. Add confectioners sugar and vanilla and mix. Add milk, little by little, until icing is of spreading consistency. Mix on high speed until there are no lumps of sugar left. Spread on cake.

SNOWBALL CAKE

Eugenia Tanner

2 medium Cool Whip
**1 (No. 2) can crushed
pineapple**
1 c. sugar
1 c. boiling water
juice of 1 lemon

1 angel food cake
2 envelopes gelatin
4 Tbsp. cold water
1 box coconut
maraschino cherries and nuts

Soften gelatin in cold water. Add boiling water and stir until dissolved. Add sugar, lemon juice and crushed pineapple, including juice. Chill until partially firm. Add 1 medium carton Cool Whip. Fold into gelatin mixture. Cut or break cake into small pieces. Place alternate layers in cane pan, 9 x 13 x 2, until all is used up. Chill overnight. Spread remaining medium carton of Cool Whip over top. Sprinkle with coconut and garnish with cherries and nuts.

SOUR CREAM COFFEE CAKE

Kim Gibson
Father Andy's Sister

2 sticks butter
2 c. sugar
2 eggs
2 c. flour
1 tsp. baking powder
¼ tsp. salt

1 c. sour cream
½ tsp. vanilla
½ c. pecans
½ tsp. cinnamon
2 Tbsp. sugar

Sift flour, baking powder and salt. Mix pecans, cinnamon and sugar.

Preheat oven to 350°. Cream butter. Add 2 cups sugar and eggs; beat. Add flour alternating with sour cream (flour first and last). Add vanilla. Grease and flour pan. Pour half of batter in. Put on topping (pecans, cinnamon and sugar), then rest of batter. Bake at 350° for 50 minutes.

STRAWBERRY CAKE

Laura Brightman

Cake:

1 pkg. white cake mix
1 small pkg. strawberry Jell-O
½ c. water
½ c. oil

4 eggs
1 carton frozen strawberries,
drained and mashed
(save ½ c. juice for glaze)

Cake: Combine white cake mix and Jell-O. Mix well. Add water, oil and eggs, one at a time. Beat according to cake mix instructions. Stir in mashed strawberries. Pour into greased and floured 9 x 13-inch pan and bake at 300° for 1 hour. Cool 5 minutes. Poke holes (I use a skewer) in cake for glaze. Pour glaze over cake.

Glaze:

2 c. confectioners sugar
½ c. strawberry juice

½ stick butter

Glaze: Let butter soften to room temperature. Add the confectioners sugar and strawberry juice. Mix well. Pour glaze over cake.

TIRAMISU

Barbara Jordan Johnson

- | | |
|---|------------------------------|
| 1 c. brewed Espresso | 1 pkg. ladyfingers |
| 4 egg yolks | unsweetened cocoa |
| 3 Tbsp. sugar | 1 c. whipping cream, whipped |
| 1 lb. Mascarpone (or you may substitute 8 oz. cream cheese and 8 oz. Ricotta) | ¼ c. Amaretto or Frangelico |
| | powdered sugar |

Prepare Espresso. Beat egg yolks and 3 tablespoons sugar until lemon in color and thick. Add cheese and blend. Add liquor. Set aside.

In separate bowl, beat whipping cream and set aside.

Dip cookies in cooled Espresso and place on 10 x 9 ½ x 2-inch platter, covering the pan bottom as well as you can. Pour half the cheese mixture over the cookies, then spread all the whipped cream, spreading it evenly. Sprinkle lightly with cocoa. Dip more ladyfingers and make another layer. Add the rest of the cheese. Sprinkle with more cocoa. Cover with plastic wrap and refrigerate for several hours. Before serving, sprinkle with powdered sugar if desired.



TRIFLE

Martha Dandridge Washington
First Lady

- | | |
|--|--|
| sponge cake, Naples biscuit or jelly roll, cut into slices | 1 Tbsp. sugar |
| ½ c. white wine, sherry or brandy | rich custard |
| 1 pt. whipping cream | candied fruits and angelica (for decoration) |

Put slices of Savoy cake or Naples biscuit at the bottom of a deep dish. Wet it with white wine and fill the dish nearly to the top with rich boiled custard. Season $\frac{1}{2}$ pint of cream with white wine and sugar; whip to a froth. As it rises, take it lightly off and lay it on the custard; pile it up high and tastily. Decorate it with preserves of any kind, cut so thin as not to bear the froth down by its weight.

TRUE SPONGE CAKE

Lottie L. Garner

1 c. sifted cake flour
 $\frac{1}{4}$ tsp. salt
grated rind of $\frac{1}{2}$ lemon
1 $\frac{1}{2}$ Tbsp. lemon juice

5 egg yolks
5 egg whites
1 c. sugar

Add lemon rind, juice and $\frac{1}{2}$ cup sugar to yolks; beat until thick and lemon colored. Sift $\frac{1}{4}$ of flour plus salt over mixture and fold in; repeat until all flour is folded in. Beat whites until foamy. Gradually beat in remaining sugar. Beat until tips of peaks fold over only slightly. Spread yolk mixture over whites; fold together gently. Bake in ungreased 9-inch tube pan at 350° about 1 hour. Invert and allow to cool in pan.

SYRUP CAKE

Sean Zeringue

$\frac{1}{2}$ c. butter
1 c. sugar
3 eggs
2 c. syrup
1 c. whole milk

4 c. flour
2 tsp. soda
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ tsp. nutmeg

Mix butter and sugar. Add eggs, syrup, milk, flour, soda and spices. Bake in large pan at 350° for about an hour.



MISSIONARY'S CAKE

Rev. S.P. Ashmore

N.W. Mississippi Circuit Rider (1900)

3 c. flour
2 c. sugar
 $\frac{1}{2}$ c. cocoa powder
2 tsp. baking soda
1 tsp. salt

2 tsp. vanilla extract
2 Tbsp. vinegar
 $\frac{3}{4}$ c. oil
2 c. water

Preheat oven to 350°. Mix all dry ingredients. Add wet ingredients and mix well. Pour into greased 9 x 13-inch pan. Bake 40 to 50 minutes or until toothpick comes out clean.

Note: For other alternatives, leave out the cocoa to make a white cake. Use the same recipe to make banana nut bread and other fruit breads or cakes.

MEXICAN WEDDING CAKES

Chef Cigüena

Mi Pueblos, Southaven, MS

1 c. butter or margarine,
softened
 $\frac{1}{2}$ c. confectioners sugar
1 tsp. vanilla

2 $\frac{1}{4}$ c. all-purpose flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ c. finely chopped pecans

Heat oven to 400°. Mix thoroughly the butter, sugar and vanilla. Work in flour, salt and nuts until dough holds together. Shape dough into 1-inch balls. Place on ungreased baking sheet. Bake 10 to 12 minutes or until set but not brown. While warm, roll in confectioners sugar. Cool. Roll in sugar again. Makes 4 dozen.

WHITE WINE CAKE

Lynn K. Lee

Cake:

1 box yellow cake mix
1 small box vanilla instant
pudding
 $\frac{1}{2}$ c. water
 $\frac{3}{4}$ c. salad oil

$\frac{1}{2}$ c. white wine
4 eggs
 $\frac{1}{2}$ c. sugar
2 tsp. cinnamon
 $\frac{1}{2}$ c. chopped pecans

Glaze:

1 stick butter
1 c. sugar

$\frac{1}{2}$ c. water
 $\frac{1}{2}$ c. wine

Mix all cake ingredients and pour into greased and floured Bundt pan. Bake 1 hour at 325°.

To Make Glaze: Bring butter, sugar and water to a boil. Boil for 2 to 3 minutes. Remove from heat and add wine. Leave cake in pan and poke holes in cake. Pour glaze over cake. Leave cake in pan 20 minutes after pouring glaze over it.

YUM YUM CAKE

Nina Cutler

Cake:

1 egg
1 box Duncan Hines butter
cake mix

1 large can crushed pineapple
coconut and pecans

Mix egg and add to cake mix and pineapple; mix well and pour into buttered and floured oblong pan (9 $\frac{1}{2}$ x 13-inch). Bake at 350° for 30 minutes.

Icing:

1 small can canned milk
1 stick butter

1 c. sugar

Cook over low heat until becomes a little thick. When cake is done, sprinkle coconut over top. Sprinkle pecans over this and pour the icing over top.

FRUIT SMOOTHIE NO BAKE CHEESECAKE

Connie Fincher

1 to 1 ½ c. graham cracker
crumbs
½ stick butter, melted
2 Tbsp. sugar
4 (8 oz.) pkg. Philadelphia
Neufchatel cheese (⅓ less
fat than cream cheese),
softened

½ c. sugar
1 (12 oz.) pkg. frozen mixed
berries, thawed and drained
1 (8 oz.) tub Cool Whip Lite
whipped topping, thawed

Line 13 x 9-inch baking pan with foil with ends of foil extending over the ends of pan.

Mix graham cracker crumbs, butter and 2 tablespoons sugar; press firmly onto bottom of pan. Refrigerate while making filling. Beat Neufchatel cheese and ½ cup sugar in large bowl with mixer on medium speed until well blended. Smashed drained berries with a fork and stir into cheese mixture. Gently stir in 2 cups of whipped topping. Spoon over crust and cover. Refrigerate 4 hours or until firm. Use foil handles to remove cheesecake from pan. Top with more whipped topping. Store leftover cheesecake in the refrigerator.

PAT IN PAN CRUST

Lynn Shettles
Salvation Army, Memphis, TN

2 c. flour
⅔ c. margarine

½ c. chopped nuts (almonds
or pecans)
½ c. powdered sugar

Mix ingredients. Press firmly into ungreased pie plate. Makes two 9-inch pie shells. Bake 15 minutes at 350°.

PIE SHELL

Lynn Shettles

Salvation Army, Memphis, TN

1 c. flour
½ tsp. salt

⅓ c. shortening
2 to 3 Tbsp. ice water

Combine flour and salt. Cut shortening into dry ingredients until mixture resembles corn meal. Add ice water one tablespoon at a time. Stir with fork. Form into a ball. Place on lightly floured surface and roll from center to edge until ⅛-inch thick. Makes one 9-inch pie shell.

NUT CRUST

Lynn Shettles

Salvation Army, Memphis, TN

¼ c. margarine, softened
¼ c. sugar

1 Tbsp. flour
1 c. pecans, ground

Combine all ingredients. Press over bottom and sides of greased 9-inch pie plate. Bake 10 minutes at 325°. Cool.

APPLE CREAM PIE

Barbara Dale

4 c. apples, peeled and diced
1 c. sugar
1 c. half and half

2 Tbsp. flour
unbaked pie shell

Combine all ingredients. Pour into unbaked pie shell. Bake 45 minutes to 1 hour or until brown at 350°.

TWO CRUST BANANA PIE

Darlene Camell

4 c. firm ripe bananas, sliced
½ c. pineapple juice
½ c. sugar

1 tsp. cinnamon
1 Tbsp. butter or margarine
pastry for 2 crust pie

Soak sliced bananas in pineapple juice for 20 minutes. Drain, saving juice. Place bananas in pastry lined pie plate. Add combined sugar and cinnamon. Add 2 tablespoons juice drained from bananas. Dot with butter; cover with top crust. Bake at 400° for 35 minutes. Serve hot or cold. Yields 1 (9-inch) pie.

BANANA MANDARIN CHEESE PIE

Barbara Jordan Johnson

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|---------------------------------|----------------------------------|
| 1 (9-inch) graham cracker crust | 1 tsp. ReaLemon lemon juice |
| 8 oz. cream cheese, softened | 1 tsp. vanilla extract |
| 8 oz. sweetened condensed milk | 3 medium bananas |
| | 11 oz. Mandarin oranges, drained |

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in $\frac{1}{3}$ cup ReaLemon and vanilla. Slice 2 bananas; dip in ReaLemon and drain. Line crust with bananas and about $\frac{2}{3}$ of the orange segments. Pour filling over fruit. Chill 3 hours or until set. Before serving, slice remaining banana; dip in ReaLemon and drain. Garnish top with banana slices and remaining orange segments. Refrigerate leftovers.

BLUEBERRY CREAM PIE

Bess Burgess

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|--|---|
| 1 graham cracker or shortbread pie crust | 1 c. whipping cream, whipped |
| 8 oz. cream cheese, softened | 1 pt. (2 c.) blueberries |
| $\frac{1}{2}$ c. sugar | (strawberries, blackberries, raspberries or peaches may be substituted) |
| 1 Tbsp. lemon juice | |
| 1 Tbsp. vanilla | |

Beat cream cheese with sugar. Add lemon juice and vanilla. Fold in whipped cream. Fold in berries. Pour into crust and refrigerate for at least 1 hour.

BOURBON PIE

Curran Camell

baked chocolate pie shell
21 large marshmallows
1 (12 oz.) can evaporated milk

1 c. whipping cream
3 Tbsp. bourbon

Combine marshmallows and canned milk in saucepan. Cook over low heat, stirring constantly, until all the marshmallows have melted. Chill completely. Whip cream and fold in marshmallow mixture and bourbon. Pour into pie shell and chill 4 to 6 hours.

CARAMEL PIE

Sarah Ellis

graham cracker pie crust
Cool Whip

2 cans sweetened condensed
milk (do not use the fat-free
kind!)
Hershey bar

Take paper wrappers off the condensed milk cans. Place on their sides in a big pot of boiling water, making sure they are totally covered with water at all times. Boil unopened cans in water for 3 hours, rotating the cans every 30 minutes. Remove cans from water after 3 hours and allow to cool for 1 to 2 hours. Open cans of condensed milk. The milk has turned to caramel. Pour caramel into pie crust. Top with Cool Whip. Refrigerate overnight. Grate Hershey bar over top of pie. Slice and serve.

EASY CHERRY CHEESE PIE

Marianne Christian

1 (9-inch) graham cracker pie
crust
1 (8 oz.) cream cheese,
softened
1 (14 oz.) can condensed milk

1/3 c. lemon juice
1 tsp. vanilla
1 can cherry pie filling or any
other

Beat cream cheese until fluffy. Add sweetened condensed milk; blend. Stir in lemon juice and vanilla. Pour in pie crust. Chill 2 hours. Top with pie filling.

CHESS PIE

Joy Allen

1 pt. plus 2 oz. sugar
1 oz. corn meal
1 oz. flour
4 to 5 eggs

6 oz. melted butter
¼ Tbsp. vanilla
1 (9-inch) unbaked pastry shell

Combine sugar, corn meal and flour in mixing bowl. Stir in eggs, melted butter and vanilla. Pour into unbaked 9-inch pastry shell. Place in preheated 350° oven and bake 45 to 50 minutes or until set.

CHOCOLATE CHESS PIE

Eddy Henning
Dianne Wage

1 stick butter
1 ½ c. sugar
1 Tbsp. flour
2 Tbsp. cocoa

3 eggs
1 tsp. vanilla
¼ c. milk

Melt butter. In separate pan, mix sugar, flour and cocoa. Pour into butter. Stir to mix. Add eggs, one at a time, and stir after each. Add milk and vanilla. Pour into unbaked pie shell. Bake at 350° for 40 minutes.



COCONUT CHESS PIE

Kathryn Lamar
Mother of Percle Lamar

½ stick margarine
1 c. sugar
3 eggs

1 tsp. vanilla
½ c. milk
1 ½ c. coconut (dry flakes)

Soak coconut in milk while mixing other ingredients. Mix sugar and margarine together. When sugar and margarine are creamed, add eggs and vanilla and mix well. Add coconut and milk, then put in regular size pie crust. Cook at 350° on bottom rack from 40 to 45 minutes until light brown and firm.

FUDGE BROWNIE PIE

JoAn Orfans

2 eggs	1 c. sugar
½ c. butter, melted	½ c. flour
⅓ c. cocoa	¼ tsp. salt
1 tsp. vanilla	½ c. nuts, chopped

Preheat oven to 350°. Beat eggs in small bowl. Blend in sugar and melted butter. Combine flour, cocoa and salt. Add to butter mixture. Stir in vanilla and nuts. Pour into lightly greased 8-inch pie pan. Bake at 350° for 25 to 30 minutes or until almost set (pie will not test done). Cool and serve with ice cream or whipped cream.

LEMON ICEBOX PIE

Sandra Jones

1 (14 oz.) can Eagle Brand milk	1 (9-inch) graham cracker crust
1 (8 oz.) container Cool Whip	
1 small can frozen lemonade	

Combine Eagle Brand milk and Cool Whip. Add lemonade and blend well. Pour into pie crust and refrigerate until ready to serve.

Can use NO FAT for the ingredients of Eagle Brand milk and Cool Whip to make pie healthy.

LEMON ICE CREAM PIE

Mary Lynn Andrews
Father Andy's Mother

2 ½ c. sweetened flaked coconut	4 Tbsp. butter
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Sauté until golden brown. Put in 9 or 10-inch pie plate on bottom and sides as high as possible. Chill or freeze.

Filling: In top of double boiler, combine butter, lemon peel, lemon juice, salt and egg yolks. Stir into lemon mixture until smooth and thickened, about 5 minutes. Cool.

Spread half of ice cream in bottom of shell. Spread half of lemon mixture over ice cream. Freeze. Spread remaining ice cream and lemon mixture and re-freeze. Cuts 8.

EAGLE'S KEY LIME PIE

Barbara Jordan Johnson

1 (10-inch) baked pastry shell
egg yolks
14 oz. Eagle Brand sweetened
condensed milk

8 oz. Realime juice from
concentrate
yellow or green food coloring
(optional)
whipped cream or topping

Preheat oven to 325°. In large mixer bowl, beat egg yolks with sweetened condensed milk. Realime brand and food coloring if desired. Pour into prepared pastry shell. Bake 40 minutes. Cool. Chill. Top with whipped cream or topping. Garnish as desired. Refrigerate leftovers.



MAPLE PECAN PIE

Bobbie Lee Jarvis

1 ½ c. sugar
2 Tbsp. flour
2 eggs
1 c. maple syrup
¼ tsp. salt

½ tsp. vanilla
1 Tbsp. butter
¼ tsp. vinegar
1 c. pecans, chopped

Mix sugar, flour and salt and cream with butter and eggs. Add other ingredients and mix well. Prebake a 9-inch pie shell at 425° for 5 minutes. Add the filling and reduce heat to 350°. Bake until a silver knife comes out clean, about 45 minutes.

In memory of Bob Jarvis, father.

PUMPKIN PIE

Lottie L. Garner

1 pkg. vanilla pudding
1 pkg. Dream Whip
1 c. pumpkin, cooked and
mashed

1 tsp. vanilla
½ tsp. pumpkin pie spice
dash of ginger
baked pie shell

Prepare pudding according to directions; set aside.

Prepare Dream Whip according to instructions. Mix together, adding pumpkin and spices last. Place into cooled pie shell. Keep cool until served. May add Cool Whip as topping if desired.

PUMPKIN CHIFFON PIE

Bess Burgess

3 egg yolks
1 c. sugar
1 ¼ c. pumpkin
½ c. milk
½ tsp. each: salt, ginger,
nutmeg and cinnamon
2 tsp. gelatin

¼ c. water
3 egg whites or pasteurized
whites reconstructed to
equal 3 whites
baked pie shell
whipped cream

Beat egg yolks with ½ cup sugar and add pumpkin, milk and spices. Cook in double boiler until thick, stirring often. Add gelatin that has been soaked 5 minutes in ¼ cup water. Stir until gelatin is dissolved. Cool. Beat egg whites (or substitute). Add remaining sugar to egg whites until stiff. Fold into pumpkin mixture when it begins to thicken. Pour into baked pie shell. Chill. Serve with whipped cream.

PUMPKIN PECAN PIE

Bess Burgess

3 eggs
1 c. pumpkin
1/3 c. sugar
1 tsp. pumpkin pie spice
2/3 c. corn syrup

1/2 c. sugar
3 tsp. melted butter
1/2 tsp. vanilla
1 c. pecan halves
1 unbaked 9-inch pie shell

Preheat oven to 350°. Stir together 1 slightly beaten egg, pumpkin, 1/3 cup sugar and pie spice. Spread over bottom of pie shell.

Combine 2 beaten eggs, corn syrup, 1/2 cup sugar, butter and vanilla. Stir in pecans. Spoon over pumpkin mixture.* Bake in 350° oven 50 minutes or until filling is set.

* For an added flair, you can arrange the pecans in concentric circles in the pie pan.

FRESH STRAWBERRY PIE

Marianne Christian

1 c. sugar
3 Tbsp. cornstarch
1 c. water

2 Tbsp. dry strawberry Jell-O
1 baked 8-inch pie shell
1 qt. fresh strawberries

Mix sugar, cornstarch, dry Jell-O and water. Bring to a boil and cook 2 minutes. Place fresh strawberries in shell and pour mix over. Chill and top with Cool Whip.

CARAMEL FLAN

Chef Cigüenza
Mi Pueblos, Southaven, MS

1/2 c. plus 2/3 c. sugar or
Succanat
3 whole eggs

3 egg yolks
3 c. whole milk
2 tsp. vanilla extract

Preheat the oven to 350°. Have ready an ungreased 9-inch round or square 1 1/2 to 2-quart baking dish.

Cook $\frac{1}{2}$ cup of the sugar over medium heat in a heavy medium-sized saucepan, stirring almost constantly with a long-handled wooden spoon until it is melted and turns first golden and then very dark brown, about 5 minutes. (Use extreme caution! Cooked sugar is very hot and can burn the skin if it spatters.) Immediately pour the hot caramel syrup into the baking dish and swirl the pan until it coats the bottom. The caramel will harden at this point and melt again later as the flan bakes.

Gently but thoroughly whisk together the eggs, egg yolks and the remaining $\frac{2}{3}$ cup sugar in a mixing bowl until smooth. Gradually whisk in the milk and vanilla. Pour the custard mixture into the prepared dish. Set the dish in a larger baking pan and fill the larger pan with hot water to come halfway up the sides of the baking dish. Bake until a knife inserted $\frac{2}{3}$ of the way to the center comes out clean, 35 to 45 minutes. The center should still be slightly soft as the flan will finish cooking after it is removed from the oven. Cool in the water bath, then remove baking dish from water bath and refrigerate for at least 1 hour or up to 8 hours.

Before serving, run a sharp knife around the edge of the flan to release it. Place a large rimmed serving plate over the baking dish and using both hands, invert both dishes so that the flan and the liquid sauce unmold onto the platter. Refrigerate again until serving time. Serves 8.

I BANANA PUDDING

Janet Morgan
Executive Chef, Heaven

**1 small box French vanilla
instant Jell-O pudding mix**
2 c. milk
**1 can Eagle Brand condensed
milk (can use no fat)**

**1 (12 oz.) Cool Whip (can use
Cool Whip Free)**
5 bananas
**1 $\frac{1}{2}$ bags Jackson's vanilla
wafers (must be Jackson's)**

Mix pudding and milk. Shake or mix until pudding consistency. Stir in Eagle Brand milk. Stir in Cool Whip, but leave lumps.

In dish, layer vanilla wafers, then sliced bananas. Repeat until all bananas and vanilla wafers are used up. Pour pudding mixture over this. Refrigerate at least 3 hours or overnight.

I didn't quite use the 1 ½ bags of wafers.

NOT YO' MAMA'S BANANA PUDDING

Eugenia Tanner

(Makes 12 Servings)

- | | |
|---|---|
| 2 bags Pepperidge Farm
Chessman cookies, divided | 1 (14 oz.) can sweetened
condensed milk |
| 6 to 8 bananas, sliced | 1 (12 oz.) container frozen
whipped topping, thawed or
an equal amount sweetened
whipped cream |
| 2 c. milk | |
| 1 (5 oz.) box instant French
vanilla pudding | |
| 1 (8 oz.) pkg. cream cheese,
softened | |

Line bottom of a 13 x 9 x 2-inch dish with 1 bag of cookies and put bananas on top. Blend milk with pudding mix with a hand-held electric mixer until well blended. Beat cream cheese and condensed milk together in a bowl until smooth. Fold in whipped topping. Add to pudding mixture, stirring until well blended. Pour mixture over cookies and bananas; cover with remaining cookies. Refrigerate.

BIG MAMA'S TIPSYPUDDING

Lynda Austin

Charlotte Rouse:

- | | |
|-----------------|----------------------|
| 1 Tbsp. gelatin | ¼ c. cold water |
| 2 Tbsp. sugar | 2 eggs |
| ¾ tsp. vanilla | ½ pt. whipping cream |
| 1 ¼ c. milk | 3 Tbsp. sugar |

Make a custard of the milk, egg yolks and sugar (use double boiler so it won't stick). Bring to a scald. When mixture thickens, add vanilla and gelatin which has soaked in

water. Stir constantly. Let cool and when slightly thickened again, add stiffly beaten egg whites. (Add sugar to egg whites; they will be extra fluffy.) When mixture thickens, add whipped cream which sugar has been added.

Ladyfinger Base:

1 doz. ladyfingers
1 pt. strawberry preserves

1 ½ c. sherry

Line a pretty crystal bowl with about 1 dozen ladyfingers. Cover them with a pint jar of strawberry preserves. Then soak the ladyfingers in sherry. Use whatever amount suits your taste. I probably use about 1 ½ cups. Then add the custard mixture to the bowl with the ladyfingers. Keep chilled until served. This makes a beautiful and rich dessert and will serve about 8 people.

BREAD PUDDING WITH WHISKEY SAUCE

Anne Andrews

1 loaf French bread
1 qt. milk
4 eggs

2 c. sugar
2 Tbsp. vanilla
3 Tbsp. butter

Soak bread in milk. Crush with hands until well mixed. Then add sugar, eggs and vanilla and stir well. Pour butter in bottom of thick pan and bake at 350° until very firm.

Sauce:

1 ½ sticks butter
2 c. sugar

2 eggs
¾ to 1 c. Jack Daniels

Cream the sugar and eggs until well mixed. Add melted butter and continue to dissolve. Add whiskey to taste which should make sauce creamy smooth.

Cut the bread pudding into individual servings. Pour whiskey sauce over and serve warm!

DUFF'S BREAD PUDDING WITH NUTMEG SAUCE

Marianne Christlan

Bread Pudding:

1 c. warm water
1 c. nondairy creamer
3 eggs
¼ c. butter
½ c. sugar

1 tsp. vanilla
¼ tsp. salt
4 slices white bread
¼ c. raisins

Combine water and creamer. Add butter. Beat 30 seconds. Add sugar, vanilla, eggs and salt. Beat at high speed 1 to 2 minutes. Set aside.

In non-greased casserole dish, place 1 ½ cups mixture and sprinkle with raisins. Add 4 slices bread, cut 1 x 1-inch. Toss lightly and add remaining mixture. Pour evenly over bread and sprinkle lightly with cinnamon. Bake at 325° for 40 to 45 minutes. Cool and top with Nutmeg Sauce.

Nutmeg Sauce:

½ c. sugar
1 Tbsp. cornstarch
½ tsp. nutmeg

1 c. milk
¼ c. butter
1 tsp. vanilla

In small pan, combine sugar, cornstarch and nutmeg. Stir in milk and margarine. Cook over medium heat until mixture starts to thicken slightly. Add vanilla and stir constantly until thick. Do not boil. Remove from heat and pour over cooled bread pudding.

BREAD PUDDING WITH BRANDY SAUCE

JoAn Orfano

Pudding:

2 c. sugar
5 large eggs, beaten
2 c. milk
2 tsp. vanilla
2 c. bread, cut and cubed overnight

1 c. brown sugar (light),
packed
¼ c. butter, softened
1 c. nuts, chopped

Mix sugar, eggs, milk and vanilla. Pour over cubed bread and let sit for 10 minutes. In another bowl, mix and crumble together brown sugar, butter and pecans. Pour bread mixture over the top and bake 35 to 45 minutes or until hot.

Sauce:

1 c. sugar
1/8 c. butter

3/4 c. heavy cream
1/4 c. brandy

Simmer the butter and sugar until sugar is melted. Slowly add the cream and simmer for a few minutes before adding the brandy. Spoon over each serving of pudding.

You may omit the brandy from the sauce.

EASY PEACH COBBLER

Eugenia Tanner

(Good)

2 (16 oz.) pkg. frozen sliced
peaches

1 (3 oz.) box peach gelatin

3/4 c. sugar

1/4 c. cornstarch

1/2 tsp. ground cinnamon

1/2 (15 oz.) pkg. refrigerated pie
crust

1 Tbsp. sugar (for sprinkling)

Preheat oven to 400°. In a large saucepan, combine peaches and next 4 ingredients. Cook over medium heat for 15 to 20 minutes or until thickened and bubbly. Spoon mixture into a 9-inch baking dish. On a lightly floured surface, roll pie crust into a 9-inch square. Fit pie crust on top of peaches. Sprinkle evenly with 1 tablespoon sugar. Bake for 20 minutes. Makes 6 servings.

CHEWY ALMOND-FUDGE BROWNIES

Lottie L. Gamer

1 (1 lb. 5 oz.) pkg. chewy
fudge brownie mix (such as
Duncan Hines)
1 egg
2 Tbsp. water
¼ c. unsweetened applesauce
cooking spray

1 c. fat-free sweetened
condensed milk
10 miniature dark chocolate
coconut candy bars,
chopped (such as Mounds)
⅓ c. chopped natural
almonds, toasted

Preheat oven to 350°. Combine brownie mix and next 3 ingredients. Spread into a 13 x 9-inch baking pan coated with cooking spray. Pour sweetened condensed milk over brownie batter; sprinkle with chopped candy bars and almonds. Bake at 350° for 34 to 36 minutes. Cool completely in pan on a wire rack. Cut into bars. Yield: 24 servings (serving size: 1 bar).

CARAMEL BROWNIES

Sheri Turner

15 oz. caramels
1 c. chocolate chips
5 oz. evaporated milk, divided
½ c. melted margarine

1 box German chocolate
devil's food cake mix with
pudding

In a small bowl, mix caramels with ⅓ cup evaporated milk. Melt in microwave on 50% power. In a separate bowl, add rest of milk, melted margarine and dry cake mix. Mix together. Put half cake mix mixture into a greased 9 x 13-inch glass pan. Bake 8 minutes in a 350° oven. Remove from oven and sprinkle on chocolate chips and drizzle with melted caramel mixture. Put the rest of the cake mixture on top of this and put back into the oven for 16 to 18 minutes. Take out of oven. Let cool and cut into squares.

CARAMEL BROWNIES WITH BROWN SUGAR ICING

Dianne Hendrix

Brownies:

2 c. light brown sugar
1 stick butter, softened
2 eggs
1 $\frac{3}{4}$ c. flour

1 tsp. baking powder
1 tsp. vanilla
 $\frac{1}{4}$ tsp. salt
1 c. pecans, chopped

Preheat oven to 325°. Blend softened butter and sugar. Add eggs. Beat well. Add remaining ingredients and mix. Pour into greased 8 x 10 pan. Bake for 30 minutes. Makes 16. Serve with Brown Sugar Icing.

Brown Sugar Icing:

$\frac{3}{4}$ c. light brown sugar
 $\frac{2}{3}$ c. white sugar (granulated)
2 $\frac{1}{4}$ tsp. dark Karo syrup

$\frac{1}{2}$ c. heavy cream
 $\frac{1}{4}$ c. butter

Mix all ingredients together and bring to a boil. Cook for 15 to 20 minutes to a soft-ball stage (230° on a candy thermometer). Stir several times. Pour over cool caramel brownies. Allow to cool before cutting. Covers one pan of brownies.

NO GUILT BROWNIES

Kelly Romito

1 box chocolate cake mix
1 small can pumpkin

1 bag mini chocolate chips

Preheat oven to 350°. Mix cake mix and pumpkin together until smooth. Add $\frac{1}{2}$ of the bag of chips into mix and stir. Place cake mix into a 9 x 13-inch pan. Sprinkle remaining chips on top of cake. Bake 15 to 20 minutes until done.

BAKLAVA

Barbara Jordan Johnson

$\frac{3}{4}$ c. walnuts, finely chopped
 $\frac{3}{4}$ c. pistachios, finely chopped
 $\frac{1}{2}$ c. almonds, finely chopped
 $\frac{1}{2}$ c. sugar (superfine)
1 tsp. cinnamon

1 tsp. nutmeg
1 $\frac{1}{4}$ lb. butter, melted
1 pkg. commercial phyllo sheets

Syrup:

2 $\frac{1}{2}$ c. sugar
1 $\frac{3}{4}$ c. water
rind of 1 orange, finely grated
rind of 1 lemon, finely grated

5 whole cloves
1 cinnamon stick
1 c. honey

Note: Almonds should be lightly toasted.

Combine nuts, sugar, cinnamon and nutmeg. Brush a 13 x 9 x 2-inch baking pan well with butter. Separate 25 phyllo sheets from package. Place under a smooth damp towel to prevent drying. Wrap remaining phyllo well. Freeze for future use. Place one phyllo sheet in pan. Trim to fit. Brush generously with melted butter. Repeat procedure until there are 5 layers of buttered phyllo in the pan. Sprinkle with $\frac{1}{4}$ nut mixture. Repeat this procedure 2 more times, ending with phyllo. Drizzle any remaining butter over top. Bake in 350° oven 1 $\frac{1}{2}$ hours or until golden brown. Remove Baklava from oven. Using a sharp knife, immediately cut long diagonal lines from corner to corner, forming an "X." Follow these guidelines to cut Baklava into serving-size diamonds. While still hot, pour cooled syrup over Baklava.

Syrup: Combine sugar, water, orange and lemon rinds, cloves and cinnamon stick in saucepan. Bring to boil. Simmer, uncovered, about 5 minutes to thicken syrup slightly. Remove from heat. Discard spices. Stir in honey. Cool at room temperature. Pour over hot Baklava. Allow to stand overnight before serving.

BLITZ TORTE

Eddy Henning

½ c. shortening
½ c. sugar
⅓ tsp. salt
4 egg yolks
1 tsp. vanilla
3 Tbsp. milk
1 c. sifted cake flour

1 tsp. baking powder
4 egg whites
¾ c. sugar
½ c. sliced blanched almonds
1 Tbsp. sugar
½ tsp. cinnamon

Cream shortening. Gradually add sugar and salt. Cream until fluffy. Add egg yolks, one at a time, beating well. Sift flour and baking powder and stir into creamed mixture with milk and vanilla. Spread in 2 (9-inch) round layer pans. Beat egg whites until soft peaks form. Gradually add sugar. Beat until peaks round over gently. Spread on batter in pans. Sprinkle with almonds, 1 tablespoon sugar and cinnamon. Bake at 350° about 30 minutes. When cool, put together with Cream Filling.

Cream Filling:

⅓ c. sugar
3 Tbsp. cornstarch
¼ tsp. salt
2 egg yolks

2 Tbsp. butter
2 c. milk, scalded
1 tsp. vanilla

Combine sugar, cornstarch, salt and egg yolks. Beat thoroughly. Add butter and enough milk to make a smooth paste. Add paste to remaining hot milk and cook over boiling water, stirring constantly, until mixture is thickened. Cool and add vanilla. If desired, add ½ cup chopped nut meats.

3 OF 6 ICE CREAM

Nina Cutler

Juice of 3 oranges or 1 ⅓ c.
orange juice
Juice of 3 lemons
3 bananas

3 c. sugar
3 c. milk
3 c. whipping cream

Mash bananas. Add strained orange juice and lemon juice and sugar. Stir until sugar is dissolved. Have freezer ready with layer of ice and salt. Pour mixture into freezer container. Add milk and lightly whipped cream. Freeze. Makes 1 gallon.

RICH CHOCOLATE ICE CREAM

JoAn Orfans

1 ¾ c. sugar
¼ c. flour
¼ tsp. salt
2 eggs, slightly beaten
2 c. whole milk

3 blocks unsweetened chocolate
1 Tbsp. vanilla
4 c. evaporated milk or cream, chilled

Combine sugar, flour and salt in medium pan. Gradually stir in milk. Blend in eggs and chocolate. Cook over medium heat, stirring constantly, until mixture boils and stir 1 minute. Remove from heat. Add vanilla. Beat with a wire whisk until smooth. Chill thoroughly. Add chilled evaporated milk or cream. Freeze in ice cream freezer according to manufacturer's directions. Makes 2 quarts ice cream.

POP ROUGE ICE CREAM

Barbara Jordan Johnson

3 (10 oz.) bottles strawberry pop or your favorite pop
2 (12 oz.) cans evaporated milk

2 (14 oz.) cans Eagle Brand milk

Pour into a large pitcher. Stir until mixed thoroughly. Then pour into a gallon ice cream freezer. Freeze by hand or electric freezer with alternating ice and ice cream salt. After freezing, allow to stand in the freezer for ½ hour before serving.

BUTTER PECAN ICE CREAM

Ann King

½ Tbsp. butter
⅓ c. chopped pecans
dash of salt
1 ½ c. light cream
1 c. milk

¼ c. sugar
2 eggs
⅓ c. sugar
½ Tbsp. vanilla

Melt butter in small skillet. Add pecans and toast lightly. Sprinkle with salt. Set aside until well cooled. Heat light cream and milk; set aside. Melt ¼ cup sugar in small skillet and stir until golden. Over low heat, gradually stir into hot milk and cream. Lightly beat eggs and ⅓ cup sugar. Stir in a little hot milk, then add eggs to milk. Stir over low heat until mixture thickens, about 3 minutes. Strain, cool and stir in vanilla. Chill and stir. Freeze. Add cooled pecans. Makes about 1 quart.

WATERMELON SORBET

Lottie L. Garner

4 c. water
2 c. sugar
1 c. watermelon, seeded and
chopped

1 (12 oz.) can frozen pink
lemonade concentrate,
thawed (undiluted)

Bring water and sugar to a boil in medium saucepan over high heat, stirring until sugar dissolves. Remove from heat and cool. In a blender, puree sugar syrup and watermelon until smooth. Stir in lemonade. Cover and chill 2 hours. Pour mixture into freezer container of a 1-gallon ice cream maker and process according to manufacturer's instructions.

GINGERSNAP ICE CREAM SANDWICHES

Amy Detrick

1 pkg. gingerbread mix
½ stick butter, melted
1 egg

¼ c. all-purpose flour
1 tsp. ground cinnamon
1 pt. vanilla ice cream

Preheat oven to 350°. In a large mixing bowl, combine gingerbread mix, melted butter and egg. Add flour. On a lightly floured surface, roll out dough to ¼-inch thick. Cut out dough with 2-inch round cookie cutter. Place on ungreased cookie sheet. Bake for 10 minutes. Cool completely on a cooling rack. Sprinkle the cinnamon into the ice cream. Spread ice cream on bottom half of cooled cookies and top with remaining cookies. Dip cookies in sprinkles for fun.

AMARETTO LIQUEUR

Pat Mitchell

12 ice cream sandwiches
½ c. Amaretto liqueur
1 pkg. Heath bar Bits 'o Brickle
(in baking supplies)

1 large Cool Whip
1 pkg. sliced almonds, toasted
(6 or 8 oz.)

Cover bottom of dish with sandwiches, cut to fit so it will be full to edges. Punch holes in sandwiches, lots. I use ice pick. Pour ¼ cup Amaretto over sandwiches. Mix some butter brickle with almond slices and spread on sandwiches lightly. Mix ¼ cup Amaretto with Cool Whip and rest of butter brickle and almonds and cover sandwiches. Put in freezer. Keeps well for 2 weeks. Serve in squares, frozen. Divide almonds and butter brickle when preparing.

MINI-CRUSTATAS WITH VANILLA ICE CREAM

Lottie L. Garner

1 pkg. ready-to-bake rolled
pie crusts
2 ½ c. fresh blackberries
(reserving a few for garnish)
1 tsp. ginger
1 tsp. cinnamon
⅓ c. Splenda
3 Tbsp. cornstarch

¼ tsp. salt
1 egg
1 Tbsp. milk
6 Tbsp. unsalted butter
2 Tbsp. butter
1 pt. sugar-free vanilla ice
cream

Preheat oven to 375°. Combine blackberries, ginger, cinnamon, Splenda, cornstarch and salt. Roll out room temperature crusts on a lightly floured surface and cut into 6-inch rounds. Mix egg and milk to make wash. Spoon $\frac{1}{4}$ cup of berry mixture into the center of each round. Fold in edge and brush with the egg and milk wash. Place pats of butter (1 per crustata) and sprinkle each with the sugar. Bake until edges are golden and berries are bubbling.

To serve, place warm crustata in a dish and add 1 large scoop of ice cream. Garnish with a few whole berries.

BLUEBERRY AVALANCHE

Lottie L. Garner

- | | |
|--|--|
| 1 (12 oz.) can crushed pineapple (in juice) | 1 Tbsp. Splenda |
| 1 c. whipped cream | 1 Tbsp. honey |
| $\frac{1}{4}$ c. sugar-free blueberry spread | 1 (6 oz.) box sugar-free instant vanilla pudding |
| 1 c. fresh or frozen blueberries | 1 sugar-free angel food cake |

Slice cake into 2 horizontal layers and set aside. Mix Splenda and blueberries and set aside. Combine blueberry spread with honey and microwave on Low for 30 seconds. Allow to cool.

Combine blueberry mixture with honey mixture and set aside. Combine vanilla pudding and pineapple with juice, mixing well. Gently fold in the whipped topping. Spread the bottom cake layer with the pineapple mixture, then put top layer on, spreading the remaining mixture on it. Spoon blueberry sauce over it, allowing sauce to drizzle down sides of cake.

BLACK WALNUT CANDY

Glenda Bailey
Grandma Barbara

- | | |
|------------------------|--------------------------------|
| 1 c. sugar | 1 c. shelled black walnuts |
| 1 c. water | 1 pinch of salt |
| 1 tsp. salt | $\frac{1}{2}$ tsp. rum extract |


Cook sugar and water until it barely threads (235°) and let stand until bubbles leave. Add 1 teaspoon salt and beat until cloudy. Add walnuts and rum extract and beat until fairly stiff. Pour onto board, let set and break into pieces.



OLD FASHION DIVINITY

Bob Jarvis
BJJ's Father

2 ½ c. sugar
½ c. water
½ c. light corn syrup
¼ tsp. salt

2 egg whites, beaten 
1 c. pecans
1 tsp. vanilla

Boil sugar, water, syrup and salt until mixture forms a firm ball in cold water or makes a thread when dripped from a spoon. Pour into egg whites and beat until mixture begins to thicken. Add nuts and vanilla and beat well. Drop with spoon into pieces on waxed paper.

CANDIED ORANGE SLICES

Cole Bailey
Grandma Barbara

2 large thin skinned oranges
1 c. sugar

¾ c. water

Wash and dry oranges and slice as thinly as you can, about 1/16-inch thick. Use a mandoline if you have one or a very sharp knife. In a medium pot, combine sugar and water. Bring to a boil and stir until sugar dissolves. Remove from heat and cool 10 minutes. Add oranges to pot. Cover and let stand 2 hours.

Preheat oven to 225°. Line 2 baking sheets with parchment paper. Arrange orange slices on baking sheet and press flat. Bake 2 hours or until golden. Cool completely. Store in an airtight container in single layers or between layers of parchment.

PECAN BALLS

Wanda Dlugach

3 c. Domino 1001 cookie mix
1 pkg. cream cheese,
softened
1 egg

1 ½ c. pecans, finely chopped
2 tsp. vanilla extract
confectioners sugar
Pam cooking spray

In a bowl, combine cookie mix, cream cheese, egg, pecans and vanilla. Blend well. Shape into ¾-inch balls and place 1-inch apart on baking sheet sprayed with Pam. Bake at 350° for 15 minutes. Do not allow to brown. Cool on wire rack. While still warm, may roll in powdered sugar.

SAUERKRAUT CANDY

Uncle Phaedrus
Grandma Barbara

1 ¼ c. cocoa
1 large pkg. semi-sweet
chocolate chips
1 c. sauerkraut, rinsed, well
drained and chopped

4 c. sugar
1 c. Marshmallow Whip
1 c. evaporated milk

Boil sugar, cocoa, chips, sugar and milk to the soft-ball stage. Beat in marshmallow and kraut. Kraut must be well rinsed and drained, almost dry. Beat well and pour into buttered pan to set. Cool and cut into squares.

LEIGHANN'S WHITE TRASH CANDY

Sheri Turner

1 c. Cheerios
3 c. Rice Chex
1 c. small bow tie pretzels

1 large bag M&M's
1 ½ cans mixed nuts
2 pkg. almond bark

Mix together the first 5 ingredients in a large bowl. Melt almond bark in microwave on 50% power. Pour over

other ingredients in bowl and mix thoroughly. Quickly pour onto waxed paper to thin uniform depth. Cool and then bread into bite-size pieces.

CHRISTMAS BOURBON BALLS

Marianne Christian

1 pkg. vanilla wafers
1 c. chopped nuts

3 Tbsp. white cream syrup
½ c. bourbon

Mix well. Roll into balls the size of walnuts. Roll in powdered sugar.

OREO COOKIE BALLS

Jackie Mason
Sue Kelley

1 lb. pkg. Oreo cookies
1 pkg. chocolate or white
chocolate bark

4 oz. cream cheese

You will need toothpicks and wax or parchment paper.

Crush Oreo cookies and combine with cream cheese. Roll into balls and place on cookie sheet lined with wax paper or parchment paper. Refrigerate overnight.

Melt bark, stirring constantly to prevent scorching. Stick toothpicks in ball and dip into melted chocolate. Remove toothpick and fill with bark. Once dipped, you can trim or decorate the balls anyway you like. Drizzle white over dark chocolate or roll in coconut or ground pecans or leave them plain. Keep refrigerated until ready to serve.

PEANUT BUTTER BALLS

Eddy Henning

1 lb. (creamy) peanut butter
1 stick margarine
1 box powdered sugar

3 ½ c. Rice Krispies
1 lb. white chocolate

Mix by hand the first 3 ingredients in large bowl. Add the Rice Krispies and mix by hand. Cover and chill 2 hours in the refrigerator. Roll into small balls. Place on waxed paper on cookie sheet. Chill 2 hours or more in the refrigerator.

Melt the white chocolate in top of double boiler. Dip balls in chocolate. Place on wax paper lined cookie sheet. Keep in airtight container in the refrigerator. Good to freeze.

Note: Chocolate melts faster if cut in small parts. Add 1 to 2 tablespoons milk.

PEANUT BUTTER PLAY DOUGH

Laura Brightman

1 c. peanut butter

3 Tbsp. honey

1 ½ c. powdered sugar

You will need wax paper.

Mix all ingredients together in a large bowl. Children (with clean hands) can have fun making all sorts of shapes on wax paper. Then they can eat their creations because this play dough is edible! However, it does not keep, so discard when done.

COCOONS

Velma Creekmore

1 lb. softened butter

5 ½ c. plain flour

1 c. powdered sugar

1 lb. chopped pecans

Mix together. Store in fridge for 2 hours. Shape into balls and bake on ungreased cookie sheets at 350° until lightly brown. Remove from oven and immediately roll in powdered sugar. Place on wax paper to cool. Store in airtight cans.

In memory of Bryce, my son.

CHOCOLATE CHIP DESSERT BALL

Kelly Cordell

1 (8 oz.) cream cheese
½ stick butter or margarine
4 Tbsp. brown sugar

1 tsp. vanilla
1 ½ c. chocolate chips

Mix softened cream cheese and butter with brown sugar and vanilla. Refrigerate for an hour or so. Shape into ball and roll in chocolate chips. Serve with fruit and chocolate graham crackers.

Variations: There are many, but one of my favorites is substitute white chocolate chips or shavings and serve with gingersnaps.

CHOCOLATE COVERED COCONUT PECAN BALLS

Velma Creekmore

1 can Eagle Brand
2 lb. powdered sugar
1 stick melted butter

2 c. pecans
2 small cans coconut,
refrigerated overnight

Mix all ingredients and roll into 1 to 1 ½-inch balls. Melt 2 (12 ounce) bags of chocolate chips in microwave. Let chocolate cool to the touch, then dip the balls into the chocolate and place on wax paper to set. Store in airtight container in the refrigerator.



FESTIVE FUDGE FILLED BARS

Velma Creekmore

Base Mix

1 ½ c. oats
2 ½ c. plain flour
1 c. chopped pecans
1 c. firmly packed brown sugar

1 ½ tsp. soda
¾ tsp. salt
1 c. melted butter

Stir until well mixed. Use $\frac{1}{2}$ of Base Mix and press into the bottom of a 13 x 9-inch pan that is lined with parchment paper. Bake at 350° for 10 minutes or until lightly brown.

Center Filling:

1 c. M&M's
2 Tbsp. oil

1 can Eagle Brand milk

While base is cooking, add oil to a cup of M&M's (the new dark chocolate ones are great in this recipe). Melt in microwave in 1 minute increments. After the first minute, use the back of a spoon to help break the coating so that they will melt faster. Does not have to be completely melted. Add milk and stir to well mix. It is okay if there are still bits of the M&M's showing. Remove base from the oven and pour the mixture over it. Smooth over evenly. Crumble the remaining base over the top. Sprinkle $\frac{1}{2}$ cup of M&M's on top and press down slightly. Bake 20 minutes or until lightly brown. Cool completely before you cut into bars. Store in airtight containers.

In memory of Bryce, my son.



GERT'S VELVEETA FUDGE

Marianne Christian

3 $\frac{1}{2}$ lb. confectioners sugar
 $\frac{1}{4}$ c. cocoa
2 sticks butter

1 Tbsp. vanilla
1 c. coarsely chopped pecans
1 lb. Velveeta cheese

Sift confectioners sugar and cocoa together. In double boiler or microwave, melt butter and cheese together. Stir well. Add vanilla. Then add sugar mixture and nuts. Press into greased dish and refrigerate until firm. Cut and place in covered container. Keeps in refrigerator for several weeks.

A favorite of our family at Christmas.
In loving memory of Jimmy Christian.

PEANUT BUTTER FUDGE

Sheri Turner

2 c. sugar
1 c. evaporated milk
 $\frac{3}{4}$ stick margarine
1 (12 oz.) jar creamy peanut butter

1 regular jar Marshmallow Crème
1 tsp. vanilla

Mix together sugar, milk and margarine in heavy saucepan on top of stove and bring to a rolling boil. Continue to boil for 12 to 15 minutes, stirring often. Take off stove top, then add in peanut butter thoroughly. Add Marshmallow Crème and vanilla until completely blended. Spread into a greased 9 x 13 pan and let set until cool. Cut into squares.

CHOCOLATE YUM YUM

Pat Mitchell

24 Oreo cookies, crushed
 $\frac{1}{3}$ c. butter, melted
 $\frac{1}{2}$ gal. vanilla ice cream
1 tsp. instant coffee
3 sq. semi-sweet chocolate

1 c. sugar
2 Tbsp. butter
2 small cans Pet milk
Cool Whip
toasted pecans

You will need one buttered glass dish, 9 x 13.

Take the ice cream and soften, then mix with the coffee. Spread over frozen mixture and freeze. Take the chocolate, sugar, butter and milk and melt together in heavy pan. Cook on low heat until it thickens. Watch carefully. It does not have to be real thick but it will freeze well on ice cream. COOL. Pour over frozen ice cream. Return to freezer. When frozen, put Cool Whip with toasted pecans on it. Return to freezer. Will keep well for 2 weeks if you hide it from the family!

I usually make this in 2 days so I can divide up time it has to be in freezer between layers but if you are going to be around the house for a few hours, do it all! This is worth

the trouble and everyone will like it but the kids that will not eat nuts, and they scrape the pecans off.



MAMA WILL'S CHARLOTTE DESSERT

Marianne Christian

1 pt. whipping cream
½ pt. milk
1 envelope Knox unflavored
gelatine

½ c. sugar
½ tsp. vanilla

Dissolve gelatine in warm milk. Whip cream stiff. Just when it begins to whip, add sugar gradually. When cream is whipped stiff, fold in dissolved gelatine and milk. Add vanilla. Mix well and place in container or individual glasses in refrigerator.

PRALINES

Darlene Camell

1 ½ c. pecans
1 ½ c. white sugar
¼ c. brown sugar
¼ tsp. salt

½ stick butter
1 tsp. vanilla
½ c. evaporated milk

Combine sugars, salt and milk in a heavy saucepan. Bring to a rolling boil. Add butter and let remain on heat until butter melts. Add the nuts and vanilla. Beat until it starts to thicken, then drop on wax paper by the tablespoon. Don't forget the salt.



PASTEL BUTTER MINTS

June Rose Varnell

Roger and Lucille Latimer, Bull Frog Corner

1 lb. box powdered sugar
¼ c. butter, melted and
cooled slightly

2 to 3 Tbsp. cold water
1 ½ tsp. peppermint extract
food coloring (if desiring color)

Combine all ingredients in small bowl. Turn onto smooth dry surface. Knead until mixture is smooth and is the consistency by adding more water a few drops at a time. Shape mixture into small balls on cookie sheet or waxed paper, immediately pressing surfaces with tines of fork. Let stand at room temperature 2 to 4 hours. These may be stored in an airtight container in the refrigerator up to 1 month.

CREAMY RASPBERRY DESSERT

Penny Gamer

1 ½ c. crushed pretzels
¼ c. sugar
½ c. butter, melted
12 oz. can sweetened
condensed milk
½ c. water

3 oz. pkg. instant vanilla
pudding mix
2 c. frozen whipped topping,
thawed
21 oz. can raspberry pie filling

Combine pretzels, sugar and butter in large bowl and mix well. Press into bottom of 13 x 9-inch pan and set aside.

Combine sweetened condensed milk and water in a large bowl. Stir in pudding mix and beat for 2 minutes with wire whisk or eggbeater. Refrigerate pudding for 10 minutes to set slightly. Fold in whipped topping and carefully spread on pretzel crust. Refrigerate until firm, about 1 to 2 hours. Spread raspberry pie filling over the pudding mixture. Cover and refrigerate until firm. Store in the refrigerator. Makes 16 servings.

MELBA'S PECANS

June Rose Varnell
Melba Dodderidge

4 c. pecans
1 stick butter
4 tsp. Worcestershire sauce

1 Tbsp. garlic salt
½ to 1 tsp. Tabasco sauce

Spread pecans in a single layer in a shallow baking pan. Melt butter. Mix in the other ingredients. Pour over pecans. Bake for 30 minutes at 300°.

I usually stir the pecans after the first 15 minutes.

TOASTED BUTTER PECANS

Mickey Cain

1 lb. pecan halves (4 c.)
1 Tbsp. seasoned salt

½ stick butter, sliced or
chopped thinly

In a 1 ½-quart casserole, place pecan halves. Sprinkle with seasoned salt. Put pieces of butter evenly over top. Microwave on High 5 to 6 minutes, stirring occasionally. Mix well. Serve warm or cold.



FRESH FIGS WITH WALNUTS AND MASCARPONE

Mayo Clinic

¼ c. walnuts
12 ripe figs (about 1 lb.)
2 Tbsp. mascarpone cheese or
whipped cream cheese

pinch of ground nutmeg
¼ c. orange honey or other
honey

Put walnuts in small frying pan over medium-low heat. Cook, stirring until lightly toasted (3 to 5 minutes). Transfer immediately to plate to cool. Slice stems off figs. Cut an "X" in top of each fig, cutting down about 1-inch. Squeeze each fig from the bottom to open slightly. Spoon ½ teaspoon cheese into open fig. Sprinkle with nutmeg and walnuts. Drizzle with honey.



EASY APPLE BURRITOS

Peggy M. Walker, MS, RD, LD
Mississippi State University Extension Service

2 (8-inch) flour tortillas
1 apple, peeled, cored and
thinly sliced

2 tsp. sugar
¼ tsp. cinnamon

Mix the apple slices with the cinnamon and sugar. Spread the apples on the tortillas. Roll up each tortilla burrito-style and place seam side down on a glass plate. Heat in a microwave oven until very warm, about 1 to 2 minutes. Serve warm.

Optional: Top with a spoonful of fat-free vanilla yogurt.

BLUEBERRY CRUNCH

Kim Gibson
Father Andy's Sister

1 large can crushed pineapple
 $\frac{3}{4}$ c. sugar
1 stick margarine
 $\frac{1}{4}$ c. sugar

4 c. blueberries
1 box yellow cake mix
1 c. nuts

Preheat oven to 350°. Grease a pan (9 x 13). Pour in the pineapple. Add blueberries and $\frac{3}{4}$ cup sugar. Pour in cake mix. Melt 1 stick of margarine and pour all of the margarine on the cake mix. Sprinkle on 1 cup of the nuts. Bake at 350° for 40 minutes. Wait at least 25 minutes before serving.



FRUIT IN A CONE

Peggy M. Walker, MS, RD, LD
MSU Ext. Service

$\frac{3}{4}$ cup cut up fruit
1 tsp. honey

1 tsp. granola

Put the fruit into an ice cream cone. Drizzle honey over fruit. Sprinkle granola over the top.

FRUIT CRISP

Gigi Barnett

3 c. fruit (any fruit you like -
apples, peaches,
blueberries, etc.)
1 c. flour

1 egg, beaten
1 c. sugar
 $\frac{1}{2}$ stick butter, melted

Put the fruit in a 9 x 13 dish. In a separate bowl, beat egg. Add flour and sugar. Spread over the fruit. Pour melted butter over the top. (If you like, you can sprinkle with sugar/cinnamon mixture.) Bake at 350° for 30 minutes.

LEMON LUSH DESSERT

Pam Detrick

1 c. flour	1 tsp. vanilla
½ c. ground pecans	1 c. whipped topping
1 stick butter	2 boxes lemon instant pudding
1 c. confectioners sugar	3 c. milk
8 oz. cream cheese	whipped topping

Mix flour, pecans and butter. Press in 9 x 11-inch pan and bake at 350° for 12 minutes.

Blend cream cheese, sugar, vanilla and whipped topping. Spread on bottom layer.

Mix pudding and milk until thick and pour over last layer. Spread whipped topping over top.

LEMON DESSERT

Kim Gibson
Father Andy's Sister

Part #1:

3 egg whites	¼ tsp. salt
½ c. sugar	½ tsp. vanilla
½ c. nuts, chopped	½ tsp. cream of tartar

Beat egg whites until stiff. Add cream of tartar. Gradually add sugar, salt and vanilla until well mixed. Fold in nuts. Pour in pan and bake at 300° for 55 minutes. Allow to cool.

Part #2:

1 can Eagle Brand milk	juice of 3 lemons
1 egg	

Beat until stiff. Pour over Part #1.

Part #3: Top with whipping cream or Cool Whip. Freeze. Serve, keeping dessert frozen as needed.

LEMON MOUSSE

Joy Allen

6 eggs, separated
1 $\frac{1}{4}$ c. sugar
vanilla wafer crumbs

$\frac{1}{4}$ to $\frac{1}{2}$ c. lemon juice
 $\frac{1}{2}$ pt. whipping cream,
whipped

Beat egg whites until stiff. Add sugar gradually. Add egg yolks, one at a time. Beat well after each addition. Add lemon juice and beat well. Fold in whipped cream and turn into a vanilla crumb lined dish (11 x 13 or 9 x 14). Freeze. (Freezing will take 4 to 5 hours.) Save some vanilla wafers to sprinkle on top. Also, lemon slices can be twisted as garnish. Serve immediately.

PURPLE PASSION

Linda Scott

1 pkg. blackberry Jell-O
1 carton Cool Whip
1 small can drained pineapple

1 c. pecans
1 small cottage cheese
1 can blueberry pie filling

Mix all together. Place in the refrigerator until jelled.

STRAWBERRY DELIGHT DESSERT

Sandra Jones

4 c. fresh strawberries, sliced
1 pkg. strawberry glaze
1 angel food cake
1 (8 oz.) pkg. fat-free $\frac{1}{3}$ less
fat cream cheese

1 (14 oz.) can fat-free
sweetened condensed milk
1 (12 oz.) fat-free Cool Whip

Combine strawberries and glaze in bowl. Set aside. Slice angel food cake and place in 13 x 9-inch dish in single layer to cover bottom of dish.

In mixing bowl, beat cream cheese and condensed milk until smooth. Add Cool Whip and mix. Spread mixture over angel food cake. Spoon strawberries over cream cheese mixture. Cover and chill for 1 hour or longer. Refrigerate any leftovers. Serves 18.

1 JEANNE'S FAVORITE STRAWBERRY DESSERT

Kendra Carbuccia

2 c. crushed pretzels
1 c. plus 3 Tbsp. sugar
¾ c. melted margarine
8 oz. cream cheese
12 oz. container Cool Whip

1 large box strawberry jello
1 (10 oz.) box frozen strawberries
2 c. boiling water

Mix crushed pretzels, 3 tablespoons sugar and ¾ cup of melted margarine together. Press into a 9 x 13 glass dish. Bake at 400° for 7 minutes. Cool in the refrigerator.

Cream together the cream cheese and 1 cup white sugar. Add Cool Whip. Spread on top of cool pretzel mix.

Mix strawberry jello, 2 cups frozen strawberries and frozen strawberries. Cool. Pour over cream cheese mix and cool overnight.

In loving memory of my mom, Jeanne Moore.

MRS. B'S NEVER FAIL CHEESECAKE

June Rose Vamell

Crust:

20 graham crackers, crushed
1 Tbsp. sugar

1 Tbsp. melted butter

Filling:

3 (6 oz.) pkg. cream cheese
5 eggs
1 ½ c. sugar

2 ½ tsp. vanilla
½ tsp. baking powder
1 pt. sour cream

Mix graham cracker crumbs with 1 tablespoon sugar and butter. Line bottom of 10-inch spring-form pan with cracker mixture and pat down with spoon.

Beat cream cheese with electric mixer until soft. Beat in eggs, one at a time. Add 1 cup sugar and 1 ½ teaspoons vanilla; mix well. Stir in flour and baking powder. Pour over crust slowly. Bake in preheated 300° oven for 1 hour and 10 minutes until knife inserted in center comes out clean. Mix sour cream with ½ cup sugar and remaining vanilla and pour over cheesecake slowly. Return to oven and bake 5 minutes longer. Serve topped with fruit pie filling if desired.



ROOT BEER FLOAT

Brooke Ferris
Executive Chef, Heaven

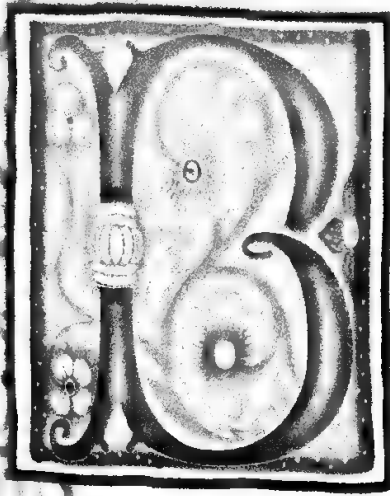
**3 large scoops Blue Bell vanilla
ice cream**

12 oz. root beer

You will need 1 large glass, 2 drinking straws and 1 ice teaspoon.

In large glass, place ice cream. Slowly pour in root beer and stir. Insert straws, one for you and one for your special friend. Drink and enjoy the moment.

Add more root beer if necessary.



EVERAGES,
MICROWAVE
MISC. &

**“IF ANY MAN IS THIRSTY, LET HIM COME
TO ME AND DRINK.”**

JOHN 7:37

Weights, Measures and Equivalents

EQUIVALENTS

Dash.....	less than 1/8 teaspoon
A few grains.....	less than 1/8 teaspoon
1 coffee spoon.....	1/4 teaspoon
3 teaspoons.....	1 tablespoon
2 tablespoons.....	1 liquid ounce
4 tablespoons.....	1/4 cup
5 tablespoons.....	1/3 cup
1 1/2 ounce.....	1 jigger
1/2 jigger.....	1 pony
16 tablespoons.....	1 cup
1 cup.....	1/2 pint
2 cups.....	1 pint
2 pints.....	1 quart
4 cups.....	1 quart
4 quarts.....	1 gallon
8 quarts.....	1 peck
4 pecks.....	1 bushel
16 ounces.....	1 pound
1 pound.....	454 grams
2 pounds, 2 ounces.....	1 Kilogram (1000 grams)
1 cup baking powder.....	5 1/2 ounces
1 pound flour	
all purpose.....	4 cups
cake.....	4 1/2 cups
graham.....	3 1/2 cups
1 pound butter.....	2 cups
1/2 pound butter.....	2 sticks
1 stick butter.....	1/2 cup or 1 Tbsp.
1/4 pound grated cheese.....	1 cup
1 pound cheese.....	2 2/3 cups
1 lb. brown sugar (1 box).....	2 1/2 cups
1 lb. confectioners (1 box).....	2 1/2 cups
1 pound granulated sugar.....	2 cups
1 pound cube sugar.....	96-160 cubes
1 pound seeded raisins.....	2 1/2 cups
1 pound seedless raisins.....	3 cups
1 pound coffee.....	5 cups
yield 40-50 cups of coffee	
1 pound rice.....	2 cups
yield 3-4 cups cooked rice	
1 pound cocoa.....	4 cups
1 square chocolate.....	1 ounce
or 3 tablespoons grated chocolate	
1/2 pound	
marshmallows.....	16 marshmallows
1 pound crab meat.....	2 cups
1 pound pitted dates.....	2 cups
1 pound figs (chopped).....	2 cups

EQUIVALENTS

1 pound nut meats (chopped).....	4 cups
1 cup noodles.....	1 1/2 cups when cooked
1 egg.....	1/4 cup
5 eggs.....	1 cup
9 eggs.....	1 pound
7-9 egg whites.....	1 cup
12-14 egg yolks.....	1 cup
1 lemon, ave. size.....	3 tablespoons juice
5-8 medium lemons.....	1 cup
1 lemon rind.....	1 tablespoon, grated
1 orange.....	2-3 tablespoons juice
3-4 medium oranges.....	1 cup juice
1 orange rind.....	2 tablespoons, grated
4 medium tomatoes.....	1 pound
3 large bananas (skin on).....	1 pound
2 quarts apples.....	3 pounds
4 medium potatoes.....	1 pound
1 lb. peas, in pod.....	1 cup when shelled
23 soda crackers.....	1 cup crumbs
15 graham crackers.....	1 cup crumbs
1 pound cornmeal.....	3 cups
1 pound cornstarch.....	3 cups

A MINERAL PRIMER

Mineral	Use	Best Sources
Iron	For healthy red blood cells.	Dried Fruits liver, lean peas or beans, green vegetables, molasses, eggs.
Calcium	For strong bones and teeth.	Cheese, milk, leafy greens.
Phosphorus	For development of healthy bones and teeth.	Cereals cheese, eggs, milk, meat, fish, dried peas or beans.

Beverages, Microwave & Miscellaneous

BANANA ALMOND FRAPPE

Hope Bailey
Grandma Barbara

1 banana
1 orange, peeled
1 c. milk

3 scoops vanilla ice cream
1 Tbsp. honey
3 drops almond extract

Pulverize the banana and orange in a blender and then add the remaining ingredients and blend until smooth. Serve immediately.

HOT ALMOND TEA

Holly Gray

1 c. water
½ c. sugar
4 tea bags or equivalent
instant

1 c. water
1 tsp. almond extract
1 Tbsp. lemon juice or 2

Combine first 2 ingredients and boil lightly. Combine with remaining ingredients. Serves 4.

You can double or triple this for a get-together and keep it warm and serve it from a crock-pot.

BANANA FROSTED SHAKE

Hope Bailey
Grandma Barbara

1 medium banana
1 c. milk

3 to 4 scoops vanilla ice cream
1 tsp. vanilla extract

Blend the banana until smooth and then add the other ingredients. Blend until smooth and serve.

BLACK CURRANT-APPLE ICED TEA

Lynn Walker

$\frac{1}{2}$ c. black currant flavored
black tea
 $\frac{1}{2}$ c. apple juice

Ice cubes
apple or orange slices (for
garnish)

Mix the tea and apple juice together and pour over ice in a tall glass. Garnish with apple or orange slices, depending on your taste.

BLUEBERRY-APPLE FROSTY

Amy Detrick

2 c. slightly thawed frozen
blueberries
1 c. apple juice

1 c. frozen vanilla yogurt
 $\frac{1}{2}$ c. milk
 $\frac{3}{4}$ tsp. ground cinnamon

In the container of a food processor or blender, place blueberries, apple juice, yogurt, milk and cinnamon. Whirl until smooth. Serve immediately. Yield: 4 servings, about 4 cups.

CHOCOLATE PEANUT BUTTER SMOOTHIE

Ethan Bailey
Grandma Barbara

Freeze the fruit first to make a thicker, more flavorful smoothie.

1 banana (peel before
freezing)
3 Tbsp. peanut butter (chunky
or smooth)

2 Tbsp. chocolate syrup
 $\frac{3}{4}$ c. milk or soy milk

Place all the ingredients in a blender. Blend until smooth.

CHOCOLATE MELT

Hope Bailey
Grandma Barbara

4 scoops vanilla ice cream
1 ½ c. milk
2 to 3 Tbsp. chocolate syrup

1 tsp. vanilla extract
2 Tbsp. Carnation malted milk powder

Combine in a blender container and blend until no white is showing. Serve immediately.

CHRISTMAS COFFEE PUNCH

Jacqueline Pamele
Executive Chef, Heaven

16 tsp. instant coffee
1 qt. hot water
½ c. sugar
½ c. milk

½ gal. coffee flavored or
vanilla ice cream
½ pt. heavy whipping cream
1 qt. Kahlua

Make instant coffee in punch bowl. Add sugar and milk. Stir in heavy whipping cream. Add Kahlua slowly. Spoon in ice cream. Serve warm in punch cups. Serves 18 to 20 (6 ounce servings) or 35 to 40 (3 ounce) servings.

LOUISIANA "CAJUN" FRENCH DRIP COFFEE

Sean Zeringue

Use authentic French drip coffeepot. Fill top section of pot about ¾ full of dark roast coffee. Have freshly boiling water (simmering). Pour a small amount at a time until it "drips" through. Set pot in a pan of boiling water to heat. Must be served hot.

My great-grandfather had his "Plus Café" (a little 86 proof whiskey) every morning until he was 93 years old.

IRISH COFFEE (HOT)

Eddy Henning

sugar
Irish whiskey

hot strong coffee
1 small carton whipping cream

For each drink, use goblet or Irish coffee glass. Put 1 teaspoon sugar and 1 ½ ounces Irish whiskey into each glass. Fill with coffee; top with whipping cream.



HOT COCOA

Mrs. Laura Bush
First Lady

1 c. Nestle Quik chocolate
syrup
4 Tbsp. Sweet 'N Low artificial
sweetener
5 c. Amaretto Carnation
Coffee-mate nondairy
creamer

3 c. Everclear grain alcohol
a pinch of salt
a pinch of cinnamon
½ tsp. Sam's club imitation
vanilla flavoring

Mix, heat and then top with Cool Whip (or Miracle Whip if you don't have a sweet tooth) and marshmallows.

CRANBERRY TEA (HOT)

Lottie L. Garner

1 qt. cranberry juice cocktail
4 qt. water
½ c. lemon juice
½ c. orange juice

2 c. sugar
¾ c. red hots candy
12 whole cloves

Add 1 quart water to cranberry juice. Add sugar, red hots candy and cloves. Heat until red hots candy melt. Remove cloves and add other juices and rest of the water. Simmer and serve hot. Makes 5 quarts.

HOT PUNCH

Eugenia Tanner

3 c. pineapple juice
3 c. cranberry juice
1 ½ c. water
⅓ c. brown sugar

1 ½ tsp. whole cloves
1 cinnamon stick
⅛ tsp. salt

Combine juices, water and sugar in a coffeepot. Place cloves, cinnamon stick and salt in basket; perk. Serve hot. Serves 10.

LOTTIE'S FAMOUS FRUITED ICED TEA

Lottie L. Garner

½ c. sugar (granulated)
½ c. bottled spring water
6 English breakfast tea bags
4 c. boiling water

1 ½ c. orange juice (fresh
squeezed from Valencia
oranges)
¾ c. pineapple juice

In saucepan, combine sugar and spring water and bring to a boil; continue to boil until liquid is clear, about 5 minutes. Chill thoroughly. Place tea bags in heat-resistant pitcher. Add boiling water and let steep for about 5 minutes. Remove and discard tea bags. Let cool and refrigerate until chilled. Add orange juice, lemon juice, pineapple juice and chilled sugar syrup. Refrigerate for a few hours, preferably overnight. Serve over ice in tall glasses. Makes 6 to 8 servings.

LEMON TEA SNOW WITH STRAWBERRY SAUCE

Lottie L. Garner

Snow:

1 envelope unflavored gelatin
¾ c. sugar
¼ tsp. salt
1 c. boiling water

3 Tbsp. instant tea (lemon
flavored)
⅓ c. lemon juice
1 tsp. grated lemon rind
2 egg whites

In a medium bowl, mix gelatin with sugar and salt. Add boiling water and stir until gelatin is completely dissolved. Mix in tea, lemon juice and rind. Chill. Stir occasionally until thickened and mixture mounds when dropped from a spoon. Add egg whites to thickened gelatin. Beat at high speed until mixture begins to hold its shape, about 10 minutes. If kitchen is very warm, beat over ice water. Turn into a 6-cup crystal bowl. Chill until firm.

Strawberry Sauce:

1 ½ c. halved strawberries

⅓ c. sugar

½ c. currant jelly or lemon jelly

2 tsp. cornstarch

1 Tbsp. cold water

In a saucepan, combine strawberries, sugar and jelly. Bring to a boil. Mix cornstarch with cold water. Add to strawberries and cook, stirring constantly, until clear. Chill. Serve over Snow. Pair this delectable dessert with a pitcher of iced tea garnished with a lemon slice or sprig of hot tea.

LUAU LEMONADE (LEMONADE MADE WITH NO LEMONS)

Sandy Kimmelman

(Alcohol Free)

2 slices fresh pineapple

1 oz. confectioners sugar

**½ oz. raspberry syrup or juice
from canned red raspberries**

1 ice cube

2 oz. club soda

lemon slice (garnish)

Combine in blender the pineapple, sugar, syrup and ice. Blend until smooth. Add club soda and blend 10 seconds more. Serve over ice in a 10-ounce Collins glass.



FAT-FREE MOCHA SMOOTHIES

Peggy M. Walker
MSU Extension Service

3 c. fat-free milk
1 c. water
½ c. fat-free
chocolate-flavored syrup

2 to 3 tsp. instant coffee
granules
1 tsp. vanilla extract
1 qt. vanilla ice cream
(fat-free)

Combine first 5 ingredients in a blender; process until blended. Pour half of chocolate mixture into a bowl. Add half of ice cream to chocolate mixture in blender; process until smooth. Pour ice cream mixture into a 2-quart pitcher. Combine remaining chocolate mixture and remaining ice cream in blender; process until smooth. Add to ice cream mixture in pitcher and stir. Serve immediately. Yield: 8 (1-cup) servings.



RASPBERRY PUNCH

Anne Tutor Jones
Executive Chef, Heaven

1 (2 oz.) pkg. raspberry drink
mix
½ c. frozen pink lemonade
¼ c. lemon juice
1 pt. frozen raspberries

1 (28 oz.) bottle lemon-lime
soda
4 c. water
1 container raspberry sherbet,
frozen into ring

Combine raspberry drink mix, sugar, frozen lemonade, lemon juice, lemon-lime soda, water and frozen raspberries. Float sherbet ring on top.

SPICED TEA - HOT

Sandra Jones

2 c. Tang instant breakfast
drink
1 c. instant tea
½ pkg. Kool-Aid lemonade mix

2 c. sugar
1 tsp. ground cinnamon
½ tsp. ground cloves

Mix Tang, instant tea, sugar, cinnamon and cloves. Keep in tightly covered jar.

To use, add 2 teaspoonfuls (heaping) per 1 cup of very hot water.

SKINNY STRAWBERRY SHAKE

Lottie L. Garner

- | | |
|--|--|
| 1 c. whole frozen strawberries
(no sugar added) | 1 tsp. vanilla extract |
| 1 c. no sugar added
strawberry frozen yogurt | 1/4 c. Splenda artificial
sweetener |
| 2 Tbsp. honey | 2 c. evaporated milk |

Combine ingredients in a 2-quart blender. Blend at alternating speeds until thick and creamy. Pour into tall glasses and garnish with whipped topping and fresh strawberries. Makes 2 large shakes.

AUNT MARY'S TROPICAL SLUSH

Kendra Carbuccia

- | | |
|---|--|
| 6 c. water, divided | 1 (12 oz.) can frozen
lemonade concentrate,
thawed |
| 5 medium ripe bananas | 1 (46 oz.) can unsweetened
pineapple juice |
| 2 c. sugar | 3 (2 liter) bottles Squirt brand
Ruby Red |
| 2 (12 oz.) cans frozen orange
juice concentrate, thawed (I
use Dole tropical punch) | |

In a blender, process 1 cup water, bananas and sugar until smooth. Pour into a large container. Add the concentrates, pineapple juice and remaining water (divide into 2 or 3 containers if needed). Cover and freeze. Remove from freezer 2 hours before serving.

Just before serving, break up and mash the mixture with a potato masher. Stir in 1 bottle of Ruby Red into each container. This way you only use what you need. The frozen containers will last for several months. Add ice cubes if necessary.

HOLIDAY WASSAIL

Peggy M. Walker, MS, RN
Mississippi State University Ext. Service

1 gal. apple cider
4 ½ c. pineapple juice
4 c. orange juice
6 oz. frozen lemonade
concentrate

½ c. sugar
3 cinnamon sticks
1 tsp. whole cloves
lemon or orange slices

Combine all ingredients and heat until just before boiling. Simmer 30 minutes and discard spices. Float lemon or orange slices on top. Serve warm. Add a little water if it gets too strong.



FOX GRAPE WINE

Mary Anne Custis
Mrs. General Robert E. Lee

To every bushel of fox grapes, add 22 quarts of water. Mash the fruit and let it stand for 24 hours. Strain through a linen or fine sieve that will prevent the seeds from getting through. To every gallon of juice, add 2 pounds of brown sugar. Fill the cask not quite full. Let it stand open for 14 days, then close the bung.



ACORN SQUASH WITH CRANBERRY FILLING

Brooke Ferris
Anne Andrews' Brother

(Microwave)

4 small acorn squash
salt
8 Tbsp. butter or margarine

8 Tbsp. honey
16 oz. whole berry cranberry
sauce

Wash and dry squash. Place squash in microwave oven and heat, uncovered, 15 minutes or until they feel

soft to the touch. Let stand 5 minutes. Cut in half and remove seeds. Place cut side up in a shallow, heat-resistant, non-metallic baking dish. Sprinkle with salt. Place 1 tablespoon of butter and 1 tablespoon of honey in each half. Heat, uncovered, in microwave oven 4 minutes or until butter has melted. With a brush or spoon, spread honey-butter mixture over cut surface of squash. Place a spoonful of cranberry sauce in each squash half. If warmed cranberry sauce is desired, return filled squash halves to microwave oven for 6 minutes or until cranberry sauce is hot.

ASIAN GREEN VEGETABLE CASSEROLE

Bobbie Lee Jarvis

(Microwave)

- | | |
|---|---------------------------------------|
| 1 small green bell pepper,
stemmed, seeded, deribbed
and cut into 2-inch strips | ¼ lb. snow peas, strung |
| 6 scallions, trimmed, whites cut
into 3-inch lengths and
greens cut into ¼-inch
rounds | ¼ c. fresh coriander leaves |
| ¼ lb. zucchini, trimmed, cut in
half lengthwise, then cut into
2-inch pieces | 2 Tbsp. tamari soy |
| | 1 ½ Tbsp. rice wine vinegar |
| | 6 thin slices fresh ginger,
peeled |
| | 2 tsp. vegetable oil |

Toss together all ingredients in a 1-quart casserole. Cover tightly with microwave plastic wrap. Cook at 100% for 6 minutes. Remove from oven. Uncover and stir well once or twice before serving.



ASPARAGUS-HAM ROLL-UPS

Lynn Walker

(Microwave)

- | | |
|--|-------------------------------|
| 1 lb. fresh asparagus | ½ c. sour cream |
| 2 Tbsp. water | ¼ c. milk |
| 8 (1 oz.) slices boiled ham | 2 Tbsp. chopped fresh parsley |
| 1 (10 ¾ oz.) can Campbell's
condensed cream of celery
soup | 1 tsp. prepared mustard |
| | hot cooked rice |

1. Arrange asparagus with tips toward center in 12 x 8-inch microwave-safe baking dish. Add water. Cover with vented plastic wrap. Microwave on HIGH 4 minutes or until asparagus is tender, rotating dish once during cooking. Drain well.
2. Divide asparagus spears among ham slices; roll ham around asparagus. Secure with wooden toothpicks if necessary. Arrange rolls in same baking dish.
3. In small bowl, stir soup until smooth; stir in sour cream, milk, parsley and mustard until well blended. Pour over ham rolls. Cover with vented plastic wrap. Microwave at 50% power 13 minutes or until heated through. Let stand, covered, 5 minutes. Serve over rice. Makes 4 servings.

Note: Substitute 1 package (10 ounces) frozen asparagus spears for fresh asparagus. Cook frozen asparagus according to package directions. Drain well, then proceed as in steps 2 and 3.

BACON AND CHEESE QUICHE

Bobbye Lee Jarvis

(Microwave)

- | | |
|-------------------------------------|--|
| 1 (9-inch) whole pie shell | 4 oz. shredded sharp Cheddar
cheese |
| 4 bacon slices | 1 green onion, chopped
(including tops) |
| 3 eggs | 1 can French fried onion rings |
| 1 c. half and half | |
| 4 oz. shredded Mozzarella
cheese | |

Place pie dough in 9-inch glass pie dish. With a fork, prick sides and bottom of pie shell to prevent bubbling. Microwave at High (100%) for 3 to 4 minutes. Set aside. Place bacon slices on a paper towel on a paper plate. Cover with a paper towel. Microwave at High (100%) until brown, 3 to 4 minutes. Place on a paper towel to absorb fat. Set aside. In a medium size bowl, beat eggs. Blend in half and half. Add cheese and green onions, mixing well. Crumble bacon. Add to mixture. Mix well. Pour into pie shell. Sprinkle onion rings on top. Place pie dish on an inverted saucer in microwave oven. Microwave at Medium (50%) until center is almost set, 16 to 18 minutes. Let stand 5 minutes.

MICROWAVE BACON POTATO SOUP

Bobbye Lee Jarvis

(Makes 6 Servings)

4 c. diced potatoes	1 c. chopped celery
1 (12 oz.) jar bacon pieces	1 c. chicken broth
1 chopped onion	1 sliced carrot
4 Tbsp. butter or margarine	2 c. milk

In 3-quart casserole, combine first 7 ingredients. Cover loosely with plastic wrap. Microwave on High 13 to 15 minutes or until potatoes are tender, stirring once. Stir in milk, salt and pepper. Re-cover. Cook at High 8 minutes or until heated through.

BAKED BEANS

Bobbye Lee Jarvis

(Microwave)

¼ lb. thin bacon	2 Tbsp. molasses
¼ c. chopped onion	1 Tbsp. brown sugar
2 cans pork and beans	1 Tbsp. yellow mustard
1 Tbsp. Worcestershire sauce	

Put bacon in a casserole dish. Microwave on High 4 to 5 minutes. Remove bacon and cut into pieces. Add

the onion to the bacon drippings. Microwave on Medium for 5 minutes; drain. Add bacon and the rest of the ingredients. Cover and microwave on High for 5 minutes. Stir; cook 10 to 15 minutes.



CHICKEN TETRAZZINI

Reynae Bennett

(Microwave)

1 (10 ½ oz.) can
Franco-American chicken
gravy
½ c. light cream
2 Tbsp. dry sherry
1 Tbsp. lemon juice
1 (8 oz.) pkg. Campbell's fresh
mushrooms, sliced

6 oz. spaghetti, cooked and
drained
¼ c. chopped roasted red
pepper or pimento
½ c. grated Parmesan cheese
1 ½ c. cubed cooked chicken
or turkey

In a 3-quart microwave-safe casserole, stir together gravy, cream, sherry and lemon juice. Cover with lid; microwave on HIGH 2 minutes or until hot. Stir in mushrooms, spaghetti, red pepper and ¼ cup of the Parmesan. Stir in chicken. Cover; microwave on HIGH 7 minutes or until heated through, stirring once during cooking. Top with remaining ¼ cup Parmesan. Microwave, uncovered, on HIGH 2 minutes. Let stand, uncovered, 2 minutes. Makes 4 servings.

Note: Substitute 2 cans (5 ounces each) Swanson Premium chunk white chicken, drained, for cubed cooked chicken.

CHICKEN-ZUCCHINI CASSEROLE

Joy Allen

(Microwave Oven)

2 lb. zucchini, cut into ¼-inch
cubes (6 to 7 c.)
¼ c. chopped onion
1 medium green pepper,
chopped
1 (10 ¾ oz.) can cream of
chicken soup

2 c. diced chicken, cooked
¼ tsp. pepper
¾ c. butter
1 (6 oz.) chicken flavored
stuffing mix
1 (8 oz.) carton dairy sour
cream

Combine zucchini, onion and green pepper in 3-quart casserole dish. Cook, covered, in microwave on FULL power 13 to 16 minutes or until vegetables are crisp-tender. Add soup, sour cream, chicken and pepper to vegetables. Set aside. Place butter in 2-quart utility cooking dish. Cook on FULL power for 1 to 2 minutes or until melted. Add seasonings and bread crumbs from stuffing mix to butter. Mix well. Reserve 1 cup stuffing mixture for topping. Spread remaining mixture over bottom of utility dish. Spoon all of the zucchini mixture over stuffing. Sprinkle reserved topping evenly over top. Heat on FULL power 7 to 10 minutes or until heated through.



MICROWAVE CORN-ON-THE-COB

Mike Johnson

1 ear fresh corn, husked and
cleaned

salt, pepper and butter to taste

Wet a paper towel and wring out. Wrap the ear of corn in the moist towel and place on a dinner plate. Cook in the microwave for 5 minutes. Carefully remove paper towel and enjoy! Serves 1. Cooking time: 5 minutes. Total time: 5 minutes.

MICROWAVE EGGPLANT PARMESAN

Lucile Johnson

1 medium eggplant (1 lb.)
1 egg
2 Tbsp. milk
1 c. dry bread crumbs
(Italian-seasoned)

1 $\frac{3}{4}$ c. spaghetti sauce
2 c. Mozzarella (part-skim),
shredded
2 Tbsp. Parmesan, freshly
grated

The microwave eliminates having to fry the eggplant to make this dish.

Peel eggplant; cut into $\frac{1}{4}$ -inch thick slices. In shallow bowl, beat egg with milk. Spread bread crumbs in shallow plate. Dip eggplant slices into egg mixture, then into

crumbs to coat well. Arrange half of the eggplant in 10-inch microwavable plate lined with paper towels. Microwave, uncovered, at High for about 4 minutes or until tender, rearranging slices once halfway through cooking time. Repeat with remaining eggplant. Spread $\frac{1}{4}$ cup of the spaghetti sauce in an 8-inch square microwavable baking dish. Layer half of the eggplant, half of the Mozzarella and half of the remaining spaghetti sauce in dish; repeat layers. Sprinkle with Parmesan cheese. Microwave, covered, at High for about 4 minutes or just until hot. Rotate dish; microwave at Medium (50%), covered, for 10 minutes or until hot and bubbling, rotating dish once halfway through cooking time. Let stand, covered, for 5 minutes.

3 MINUTE MICROWAVE FUDGE

Bobbye Lee Jarvis

1 lb. (3 $\frac{3}{4}$ c.) powdered sugar
 $\frac{1}{2}$ c. cocoa
1 stick ($\frac{1}{2}$ c.) margarine

$\frac{1}{2}$ c. milk (for richer fudge, use
evaporated milk or half and
half instead)
1 tsp. vanilla
 $\frac{1}{2}$ c. chopped nuts

Combine sugar and cocoa in a 2-quart microwave-safe dish. Place butter on top, but do not mix it in. Microwave on High (100%) for 3 minutes. Stir well. Add vanilla and nuts. Pour into a greased 8 x 8-inch pan. Cool 20 minutes or until firm. Cut into squares.



HAM AND DUMPLINGS

Linda Scott

(Microwave)

2 Tbsp. butter or margarine
1 c. chopped zucchini
1 c. chopped carrots
1 clove garlic, minced
 $\frac{1}{2}$ tsp. dried basil leaves,
crushed
 $\frac{1}{8}$ tsp. pepper
1 c. cubed cooked ham

1 (18 $\frac{3}{4}$ oz.) can Campbell's
chunky creamy chicken with
mushrooms or chunky
creamy mushroom soup
1 c. biscuit mix
 $\frac{1}{4}$ c. milk
2 Tbsp. chopped fresh parsley

In 2-quart microwave-safe casserole, combine butter, zucchini, carrots, garlic, basil and pepper. Cover with lid; microwave on HIGH 6 minutes or until vegetables are tender, stirring once during cooking. Stir in ham and soup. Cover; microwave on HIGH 4 minutes or until hot and bubbling, stirring once during cooking.

Meanwhile, combine biscuit mix, milk and parsley until just blended. Drop by spoonfuls around edge of hot mixture to form 8 dumplings. Microwave, uncovered, on HIGH 4 minutes or until dumplings appear dry, rotating dish twice during cooking. Let stand, uncovered, 5 minutes. Makes 4 servings.

SUMMER STEAKS

Joe Scott

¼ c. honey Dijon mustard
1 tsp. chopped fresh oregano
1 tsp. chopped fresh thyme
1 tsp. pepper

½ tsp. salt
2 cloves minced garlic
4 boneless top sirloin steaks

Prepare and heat grill. In small bowl, combine all ingredients except steak and mix well. Spread this mixture on both sides of steaks and refrigerate for 30 minutes. Grill beef on uncovered grill 4 to 6-inches above medium coals for 1 minute on each side to sear. Cover grill and cook 8 to 9 minutes longer for medium steaks, turning once during grilling. Makes 4 servings.

GRILLED BARBECUED ROUND-UP ROAST

Karlin Bailey
Oklahoma Dept. of Wildlife

1 beef round tip roast or beef
chuck cross-rib roast (about
5 lb.)
1 c. strong black coffee
1 c. orange juice

1 c. chopped onion
1 Tbsp. dried rosemary,
crushed
1 Tbsp. dried thyme, crushed
1 tsp. pepper

Place roast in shallow glass dish. In small bowl, combine remaining ingredients; pour over roast. Cover and refrigerate, turning occasionally, at least 6 hours or overnight. Arrange medium-high Kingsford® briquets around drip pan. Drain roast; reserve marinade. Place roast over drip pan. Grill roast, on covered grill, 1 ½ to 2 ½ hours, turning every 20 minutes and basting with marinade until meat thermometer registers 140° for rare, 160° for medium or 170° for well-done. Remove roast when thermometer registers 5° below the temperature of desired doneness. Roast will continue to cook after removing it from grill. For easier carving, allow roast to stand in warm place 15 to 20 minutes.

GRILLED HOT AND SPICY BEEF BACK RIBS

Karlin Bailey
Oklahoma Dept. of Wildlife

7 lb. beef back ribs (two 3 ½
lb. slabs)
¾ c. water
1 c. catsup

2 Tbsp. lemon juice
1 tsp. ground cinnamon
1 tsp. hot pepper sauce
½ to 1 tsp. red pepper flakes

Place each slab of ribs, meat side down, in center of double-thick rectangle of heavy-duty foil. Sprinkle 2 tablespoons of the water over each slab of ribs. To form packets, bring 2 long sides of foil together over ribs. Fold edges over 3 or 4 times, pressing crease in tightly each time. (Allow room for heat circulation.) Flatten foil at one short end; crease to form triangle and fold edge over several times toward packet, pressing tightly to seal. Repeat with other short end. Place packets directly over low to medium Kingsford® briquets. Cover grill and cook 1 ½ hours, turning packets every ½ hour. Add additional briquets as necessary to maintain heat.

Meanwhile, in small saucepan, combine catsup, remaining ½ cup water, the lemon juice, cinnamon, hot pepper sauce and red pepper flakes. Bring to boil; reduce heat and simmer 10 to 12 minutes. Remove ribs from packets. Place on grid over medium coals and grill

30 to 40 minutes, turning and brushing with sauce occasionally. Bring remaining sauce to boil and serve with ribs.

FRESH CORN ON THE GRILL

Mike Johnson

6 ears corn (with silk and husks
intact)
butter

salt and pepper
dash of garlic powder

Turn back corn husks; do not remove. Remove silks with stiff brush. Rinse corn under cold running water. Lay husks back into position. Roast ears on covered grill over medium-hot briquets about 25 minutes or until tender, turning corn often. Remove husks and serve with butter, salt and pepper as desired.

GRILLED BARBECUED GARLIC

John Shaw

1 whole head garlic

olive or vegetable oil (for
basting)

Peel loose, outermost skin from garlic; brush all over with oil. Grill garlic on covered grill not directly over medium-hot Kingsford® briquets 30 to 45 minutes or until garlic cloves are very tender, basting frequently with oil. Press individual cloves between thumb and forefinger to squeeze out garlic. Serve with grilled meats or as a spread for hot fresh bread.

GRILLED LOBSTER WITH SPICY SAUCE

Mike Johnson

(Makes 4 Servings)

4 whole live lobsters* (1 to 1 ½
lb. each)

¼ c. dry sherry

3 Tbsp. soy sauce

2 to 3 Tbsp. sugar

2 tsp. grated fresh ginger or ½
tsp. ground ginger

1 tsp. red pepper flakes

2 cloves garlic, minced

butter or margarine, melted

Bring large kettle of water to boil. Plunge lobsters into water. Return water to boil. Cover and simmer 3 minutes or just until lobsters turn pink. Remove lobsters; rinse under cold running water and drain. Turn lobsters, underside up, and cut through inner shell of tails to expose meat.

For spicy sauce, in small bowl, combine remaining ingredients except butter. Brush lobster shells and meaty underside with sauce, letting sauce soak into meat. Grill lobsters, meat side up on covered grill, over medium-hot Kingsford® with mesquite charcoal briquets 13 to 15 minutes or until meat turns opaque, basting often with sauce. When lobsters are cooked, make a deep cut lengthwise in center of underside with sharp knife. Spread halves enough to remove stomach (near head) and black vein. Crack claw shells with hammer. Serve with melted butter and additional spicy sauce.

Can substitute 2 pounds jumbo fresh shrimp for lobster. Leave shell on and thread on skewers. Grill as directed, reducing cooking time to 5 minutes or until shrimp turn pink.

GRILLED CAJUN FISH

John Shaw

1 c. butter or margarine
2 Tbsp. paprika
2 tsp. popcorn butter salt
2 tsp. onion powder
2 tsp. garlic powder
2 tsp. cayenne pepper

1 ½ tsp. white pepper
1 ½ tsp. black pepper
1 tsp. dried thyme, crushed
1 tsp. dried oregano, crushed
2 lb. red snapper fillets

Heat iron skillet directly over medium-hot Match Light® charcoal briquets at least 15 minutes.

Meanwhile, in small saucepan, melt butter. In small bowl, combine remaining ingredients except fish. Brush fillets with butter; sprinkle seasoning mix evenly on both sides of fillets. Place fillets in hot skillet and ladle melted butter over fillets. Cook about 2 minutes on each side. Serve immediately with additional melted butter for dipping.

SOUTHWESTERN BURGERS

Barbara Dale

1 (4 oz.) can chopped green
chilies

4 tsp. ground cumin

1 Tbsp. chili powder

$\frac{1}{4}$ tsp. garlic powder

$\frac{1}{4}$ tsp. salt

$\frac{1}{2}$ tsp. pepper (try red pepper)

2 lb. lean ground beef

$\frac{3}{4}$ lb. bulk pork sausage

onions, tomato, avocado
(garnish)

In a large bowl, combine the first 6 ingredients. Add beef and sausage; mix well. Shape into 8 patties. Grill, covered, over medium heat for 5 minutes on each side or until thermometer reads 160°. Top with grilled onions, tomato and sliced avocado.

TASTY GRILLED CHICKEN

Joe Scott

$\frac{1}{4}$ tsp. pepper

4 broiler-fryer chicken
leg-thigh quarters

1 (10 $\frac{1}{2}$ oz.) can beef broth

3 Tbsp. soy sauce

1 lemon, thinly sliced

1 Tbsp. olive or vegetable oil

1 Tbsp. red wine vinegar

1 Tbsp. white wine

1 clove garlic, minced

Rub pepper into chicken quarters. In shallow glass dish, combine beef broth, soy sauce, lemon, oil, vinegar, wine and garlic. Add chicken; turn to coat with marinade. Cover and refrigerate at least 3 hours or overnight. Drain chicken; reserve marinade. Lightly oil grid. Grill chicken on covered grill over medium-hot Kingsford® briquets about 1 hour or until fork-tender, turning and brushing with marinade every 10 minutes.

GRILLED KANSAS CITY-STYLE BARBECUED CHICKEN LEGS

Lindsay Anglin

(Makes 6 Servings)

½ c. butter or margarine,
softened
⅓ c. finely chopped parsley
2 cloves garlic, minced

2 ¾ to 3 lb. chicken legs
(about 12 legs)
3 Tbsp. olive or vegetable oil
¾ c. K.C. Masterpiece®
barbecue sauce

In small bowl, blend butter, parsley and garlic. Rinse chicken legs under cold running water; pat dry with paper toweling. Starting at thick end of each leg, work finger between skin and meat to form a pocket; massage outer skin to spread filling. Rub completely legs with oil. Lightly oil grid. Grill chicken on covered grill over medium-hot Kingsford® briquets about 45 minutes or until fork-tender. Turn and baste occasionally with remaining oil. Baste thoroughly with barbecue sauce during last 15 minutes of grilling. Baste once more before serving. Serve with additional warmed barbecue sauce if desired.

BARBECUED PORK CHOPS

John Shaw

(Grill)

6 pork loin chops, cut 1-inch
thick
½ tsp. seasoned salt
6 slices orange

6 thin slices onion
6 thin slices lemon
⅓ c. barbecue sauce

Arrange medium-hot charcoal briquets to one side of grill with drip pan next to briquets. Sprinkle chops with seasoned salt. Place chops over drip pan. Cover grill and cook 40 minutes or until nearly done, turning once after 25 minutes. Top each chop with slices of orange, onion and lemon and about 1 tablespoon barbecue sauce. Cover grill and cook 5 to 10 minutes longer or until chops are tender and thoroughly cooked.

KELLY'S FAVORITE RIBS BY POPPY

Marianne Christian

Simmering Sauce for 3 Pounds Ribs:

½ bottle Worcestershire sauce
½ bottle cooking sherry
pepper to taste

Cavender's Greek seasoning
to taste

Simmer ribs on low in water with all the ingredients about 1 hour or until tender. After boiling, remove ribs from pot and marinate in the following BBQ sauce for several hours or as long as needed.

BBQ Sauce:

½ c. sugar
½ c. ketchup
½ c. soy sauce
¼ c. cooking sherry

1 tsp. ginger
1 garlic bud, crushed or 2
Tbsp. garlic powder or
minced garlic

Then put on grill to brown before serving. May baste lightly with BBQ Sauce when grilling or place sauce on table.

In loving memory of Jimmy Christian.

RENDEZVOUS DRY BBQ RIBS RECIPE

Nick Vergos

Charlie Vergos Rendezvous Restaurant, Memphis

Rendezvous Seasoning Rub:

½ c. salt
¼ c. pepper
1 Tbsp. garlic powder
1 Tbsp. oregano

1 Tbsp. celery seed
1 Tbsp. paprika
1 Tbsp. chili powder

Combine ingredients and set aside.

Basting Sauce:

4 c. white distilled vinegar
4 c. water
⅓ c. Rendezvous Famous
Seasoning Rub

2 slabs pork loin back ribs
(approximately 2 lb. each)

Mix vinegar, water and seasoning together to make your basting sauce. Cook meat over direct heat on the grill approximately 18-inches above fire. Coals should be 325° to 350°. Start ribs bone side down until bone side is golden brown. Baste 2 times with basting sauce, then flip slab and cook meat side down until this side reaches a nice golden brown. The meat is ready when it is so hot that you cannot touch it with your fingers. That is approximately 30 minutes per side. Baste again and sprinkle with Rendezvous world famous seasoning and you are ready to serve.

GRILLED BARBECUED TURKEY DRUMSTICKS

Karlin Bailey

Oklahoma Dept. of Wildlife

(Makes 4 to 6 Servings)

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|-------------------------------------|------------------------------|
| 1 medium onion, finely chopped | ½ c. catsup |
| ½ c. celery, finely chopped | 2 Tbsp. prepared mustard |
| 1 Tbsp. butter or margarine | 1 Tbsp. Worcestershire sauce |
| 2 Tbsp. brown sugar | 1 c. water |
| 1 (8 oz.) can seasoned tomato sauce | 4 to 6 turkey drumsticks |

In saucepan, saute onion and celery in butter until onion is soft and translucent. Stir in remaining ingredients except drumsticks. Lightly oil grid. Grill drumsticks on covered grill over medium-hot Kingsford® briquets 1 to 1 ½ hours, turning occasionally. Baste with sauce during last 15 minutes of grilling. Bring remaining sauce to boil and serve with drumsticks.

GRILLED BABY VEGETABLES

John Shaw

(Makes 4 Servings)

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|--|---|
| 1 lb. assorted baby vegetables
(such as pattypan or
zucchini squash, carrots,
asparagus tips or red
peppers) | prepared Italian salad dressing
(for basting)
green onion tops (optional) |
|--|---|

Cut larger vegetables into halves. Brush vegetables lightly with dressing. Grill vegetables over medium-hot Kingsford® briquets 5 to 10 minutes or until crisp-tender, turning once and basting occasionally with dressing.

To tie vegetables into bundles, blanch green onion tops in boiling water 5 seconds or until limp. Use tops as strings to tie bundles together.

BLUEBERRY FRENCH TOAST BAKE

Curran Camell

- | | |
|--|--|
| ½ c. flour | 3 oz. pkg. cream cheese,
diced |
| 1 ½ c. whole milk | 1 c. fresh or frozen blueberries
(if frozen, do not thaw) |
| 2 Tbsp. sugar | ½ c. chopped nuts |
| 1 tsp. vanilla | 2 Tbsp. sugar |
| 6 eggs | ½ tsp. cinnamon |
| 10 slices French bread, cut into
1-inch cubes | |

Generously grease 13 x 9-inch glass baking dish. Beat flour, milk, 2 tablespoons sugar, vanilla and eggs in large bowl until smooth. Stir in bread cubes until well coated, then pour bread mixture into prepared pan. Top evenly with cream cheese cubes and blueberries. In small bowl, combine 2 tablespoons sugar, cinnamon and nuts and toss to mix. Sprinkle over blueberries and cream cheese. Cover casserole tightly and refrigerate up to 24 hours.

Preheat oven to 400°. Bake casserole, uncovered, for 20 to 25 minutes until golden brown. Serves 8.

FREEZER FRENCH TOAST

Barbara Jordan Johnson

- | | |
|------------------|---|
| 3 eggs | 1 c. cornflake cereal crumbs |
| 1 c. light cream | 8 (1-inch thick) slices French
bread |
| 3 Tbsp. sugar | |
| 1 tsp. vanilla | |

Mix eggs, half and half, sugar and vanilla in a shallow bowl. Dip the French bread in this egg mixture, leaving the

bread in the bowl for a few minutes so it absorbs more egg mixture. Dip bread in the cornflake crumbs to coat. Place on a cookie sheet lined with parchment paper. Freeze until firm.

When ready to bake, first preheat the oven to 425°. Place frozen French toast pieces on a greased cookie sheet for 15 to 20 minutes or until golden brown and crunchy. Turn the toast once during baking. Serve with maple syrup, jam and powdered sugar. Makes 8 slices.

PANCAKES

Bob Gray

2 eggs, beaten
1 Tbsp. sugar
2 c. flour (self-rising)

¼ c. oil
2 c. milk (2% low-fat or whole)

Mix all ingredients and cook on medium-high on a sizzling hot griddle. When greased griddle or skillet is hot enough for a drop of water to sizzle, you're ready to cook pancakes. Brown on both sides and serve hot.

BREAKFAST PIZZA

Eugenia Tanner

1 lb. sausage (bacon may be used)
1 pkg. crescent rolls
1 c. frozen hash brown potatoes, thawed
4 eggs, beaten

¼ c. milk
½ tsp. salt
⅛ tsp. pepper
1 c. Cheddar cheese, shredded

Cook and drain sausage. Press rolls (they are easier to spread if allowed to stand out of refrigerator a short time) into a well-greased 12-inch pizza pan. Spoon sausage over crust. Sprinkle with potatoes. Mix eggs, milk, salt and pepper together in a small bowl. Pour egg mixture over potatoes. Sprinkle with cheese. Bake in 375° oven for 30 minutes.

POPOVERS

Kim Gibson
Father Andy's Sister

1 ½ Tbsp. unsalted butter,
melted (plus softened for
greasing pans)
1 ½ c. flour
¾ tsp. kosher salt

3 extra large eggs (at room
temperature)
1 ½ c. milk (at room
temperature)

Preheat the oven to 425°. There are 3 secrets to great popovers. Make sure the pan is hot before you pour in the batter, fill each section not more than half full and no peeking while they are in the oven!

Generously grease aluminum popover pans or Pyrex custard cups with softened butter. You'll need enough pans to make 12 popovers. Place the pans in the oven for exactly 2 minutes to preheat.

Meanwhile, whisk together the flour, salt, eggs, milk and melted butter until smooth. The batter will be thin. Fill the popover pans less than half full and bake for exactly 30 minutes. Do not peek.

SCOTCH EGGS

Lindsay Anglin

1 lb. sausage meat (half beef
and half pork)
1 c. chopped parsley
½ tsp. rubbed sage
½ tsp. ground thyme
5 hard-cooked eggs, peeled
¾ c. flour

½ tsp. salt
freshly ground pepper to taste
2 eggs, beaten lightly
1 c. fine dry bread crumbs
deep fat or oil (for frying
bread)
Mustard Mayonnaise Sauce

Mix sausage with parsley, sage and thyme. Shape into 8 flat patties and wrap around eggs, covering egg completely. Dredge in flour which has been mixed with salt and pepper. Then roll in egg and cover with crumbs. Heat fat or oil to 375° and fry eggs for about 5 minutes until sausage is cooked and eggs nicely browned. Serve hot

or cold on 2 slices of bread with Mustard Mayonnaise Sauce. Yield: 4 servings.

Mustard Mayonnaise Sauce:

2 c. mayonnaise
¼ c. white Chablis
2 tsp. dry mustard
1 ½ tsp. Old English mustard

salt to taste
½ tsp. Worcestershire sauce
⅛ tsp. cayenne pepper
1 Tbsp. fresh lemon juice

SAUSAGE AND GRITS

Diane Cannon

1 c. uncooked grits
2 eggs, beaten
1 lb. ground sausage
2 c. grated cheese
1 onion, chopped
10 dashes Tabasco

1 stick butter
1 tsp. paprika
2 (4.5 oz.) cans green chilies,
chopped
¼ c. chopped fresh parsley

Preheat oven to 350°. Cook grits in 4 cups salted water until thick. Sauté sausage, breaking it into small pieces. Sauté onion in sausage fat; drain. Add onion and chilies to sausage. Add butter, eggs, cheese and Tabasco to grits. Combine grits mixture with sausage mixture. Pour into a 9 x 13 casserole dish and garnish with additional small amounts of cheese, chilies, paprika and parsley. Bake for 1 hour.

Can be refrigerated up to 2 days before baking.

TORTILLA ESPAÑOLA (POTATO OMELET)

Lea Wills

½ c. olive oil
2 large potatoes, peeled and
cut into ⅛-inch slices

1 large onion, coarsely sliced
3 large eggs
coarse salt

Heat the oil in an 8-inch nonstick skillet and add the potato slices, one by one to prevent sticking. Alternate potato layers with the onion slices and salt the layers lightly. Cook slowly over a medium flame, lifting and turning

the potatoes occasionally until they are tender but not brown. (The potatoes will remain separated, not in a "cake.")

Meanwhile, in a large bowl, beat the eggs with a fork until they are slightly foamy. Salt to taste. Remove the potatoes from the skillet and drain them in a colander, reserving the oil. Add the potatoes to the beaten eggs, pressing the potatoes down so that they are completely covered by the egg. Let the mixture sit 15 minutes.

Heat 2 tablespoons of the reserved oil in the skillet until very hot. Make sure the skillet has nothing sticking to it. Add the potato and egg mixture, rapidly spreading it out in the skillet with the aid of a pancake turner. Lower the heat to medium-high and shake the pan often to prevent sticking. When the potatoes begin to brown underneath, invert a plate of the same size over the skillet. Flip the omelet onto the plate. Add about a tablespoon more of oil to the pan, then slide the omelet back into the skillet to brown on the other side. Transfer to a platter and serve hot or at room temperature.

BREAKFAST CASSEROLE

Darlene Camell

- | | |
|--|--------------------|
| 1 lb. sausage, browned and drained | 6 eggs |
| 6 slices white bread, trimmed and broken into pieces | 2 c. milk |
| 1 c. Cheddar cheese, grated | 1 tsp. salt |
| | 1 tsp. pepper |
| | 1 tsp. dry mustard |

Layer sausage, bread and cheese in a 9 x 13 pan. Beat the eggs with the milk, salt, pepper and dry mustard. Pour over sausage and leave overnight. Bake 1 hour at 350°, uncovered.

SAUSAGE/CHEESE BREAD

Lisa Dunavant

- | | |
|-----------------------------------|--------------------------------------|
| 1 lb. sausage, cooked and drained | 8 to 12 oz. Cheddar cheese, shredded |
| 2 pkg. Bisquick (small bags) | 1 egg, mixed well |

Preheat oven to 375° to 400°. Mix all this together and bake at 375° to 400° until golden brown, usually about 30 minutes. Then top with more Cheddar cheese. Melt and enjoy!

BRUNCH SAUSAGE MUFFINS

Velma Creekmore

½ lb. sausage
1 c. plain flour
1 c. self-rising corn meal
2 oz. jar pimentos

8 oz. carton French onion dip
(creamy kind)
⅓ c. milk

Brown the sausage; then combine the flour, corn meal, pimentos, onion dip and milk. Stir until well mixed. Fold the sausage into the batter. Spray muffin pan with nonstick spray. Fill cups $\frac{2}{3}$ full. Bake at 450° until golden brown. Serve while hot.

HAM AND CHEESE QUICHE

Peggy M. Walker, MS, RD, LD
Mississippi State University Extension Service

1 (9-inch) deep-dish pie shell,
thawed
1 c. shredded sharp Cheddar
cheese
1 c. shredded medium
Cheddar cheese

1 c. ham, diced in small
pieces
¼ c. onion, finely chopped
2 eggs, beaten
½ c. low-fat mayonnaise
½ c. fat-free or low-fat
evaporated milk

Preheat oven to 375°. Toss together cheese, ham and onion. Spoon into unbaked pie shell. Whisk together remaining ingredients until well blended. Pour over ham mixture in pie shell. Shake slightly to settle. Bake 45 minutes or until golden and knife inserted in center comes out clean. Let rest about 10 minutes before slicing.

GARLIC CHEESE GRITS

Lisa Shaw

Christ's Church, Holly Springs, MS

1 box instant grits, made
according to pkg. (6 to 8
servings)
2 rolls Kraft garlic cheese
1 stick butter

2 eggs, beaten in 1 c.
measuring cup, then add
enough milk to fill the 1 c.
measure

Cook grits according to package. When done, add garlic cheese and butter and stir until all is melted. Pour into a casserole (sprayed with nonstick spray). Can add garlic salt and pepper for extra flavor if you want. Add the cup of milk/egg and give a slight stir; blend this in entirely. Bake at 375° to 400° for 45 to 50 minutes.

SPOONBREAD WITH GRITS

Dianna Rattray

(Ole Miss)

1 c. white or yellow cornmeal
1 c. uncooked grits
2 ½ c. water
¼ c. butter

1 c. half and half
1 tsp. salt
3 eggs, separated

In a medium saucepan over low heat, combine the cornmeal, grits and water. Cook slowly, stirring frequently, until mixture is thick and smooth, about 30 minutes. Beat in the butter, half and half and salt. Beat egg yolks, then beat into the cornmeal mixture. Beat egg whites until soft peaks form. Fold into the cornmeal mixture. Pour batter into a lightly buttered 8-inch square baking pan. Bake in a preheated 375° oven for about 30 minutes until lightly browned. Serve immediately with butter.

FRIED CORNMEAL MUSH

Dianna Ratray

(Ole Miss)

2 $\frac{3}{4}$ c. water
1 c. cornmeal
1 tsp. salt

1 tsp. sugar
1 c. cold water

Bring 2 $\frac{3}{4}$ cups water to a boil in saucepan. Combine remaining ingredients in a mixing bowl. Gradually add cornmeal mixture to the boiling water, stirring constantly. Cook until the mixture thickens, stirring frequently. When thickened, cover, turn heat to lowest setting and cook for 20 to 25 minutes. Pour into a small loaf pan. Cool, then chill thoroughly in the refrigerator.

To unmold the cornmeal mush, loosen edges with a spatula. Turn out onto a cutting board. Cut into $\frac{1}{2}$ -inch slices. Dip into extra cornmeal. Fry in a small amount of hot bacon drippings or a combination of oil and bacon drippings. Turn to brown both sides. Serve with butter and hot syrup. Delicious with bacon and eggs, too. Wrap unused cornmeal mush in plastic wrap and store in the refrigerator.

CHICKEN FOCACCIA SANDWICHES

Tom Ford

1 can refrigerated pizza dough
2 cloves minced garlic
2 Tbsp. olive oil
1 tsp. dried tarragon leaves
12 oz. can dark and white
meat chicken, well drained

$\frac{1}{3}$ c. mayonnaise
1 Tbsp. honey Dijon mustard
2 stalks celery, chopped
1 tsp. dried tarragon leaves
1 avocado, peeled and
chopped

Unroll pizza dough and place on greased cookie sheet. Cut into 4 pieces crosswise. Combine garlic, olive oil and 1 teaspoon dried tarragon in small bowl. Spoon half of this mixture over pizza dough pieces. Fold each dough piece in half, starting with short side. Press surface with fingers to dimple. Spoon remaining garlic mixture

over folded dough pieces. Bake at 350° for 15 to 20 minutes until light golden brown.

Meanwhile, combine remaining ingredients in small bowl. When focaccia is done, remove from oven, let cool slightly, then gently pull each apart to split in half and fill with chicken salad mixture. Serves 4.

PIGS-IN-A-BLANKET (HOT DOG-IN-A-BLANKET)

Ethan Bailey
Grandma Barbara

1 pkg. 8 hot dogs

biscuits or roll dough

Cut the 5-inch hot dogs in half. Make Biscuits or Dairy-Free Biscuits or Rolls or Rolls #2 recipe (you can use the extra dough to make rolls). Cut with a 3-inch cookie or biscuit cutter to make 16 circles. Stretch into ovals. Place the hot dog on the biscuit or roll dough and wrap the hot dog. Seal the edges together. Place Pigs-In-A-Blanket on a baking sheet pan.

For the Biscuit Recipe: Bake at 425° for about 12 to 14 minutes or until slightly golden brown on top.

For the Roll Recipe: Bake at 375° for about 10 to 15 minutes or until slightly golden brown on top. (I have not tried the roll recipe for this yet, so I am not sure of the amount of cooking.) Serve. Makes 16 blankets.

BRINE FOR SMOKED TURKEY

Karlin Bailey
Oklahoma Dept. of Wildlife

1 gal. water
1 c. kosher or unionized salt
½ c. sugar

6 fresh tarragon leaves or ¼ c.
dried tarragon
1 tsp. black pepper

The water you use should be unchlorinated. If you don't have easy access to good spring water, boil it first, let it cool and then add all other ingredients. Mix thoroughly. Place turkey in large non-metallic dish and cover

completely with brine. Let sit in the refrigerator for 24 hours or overnight. Remove turkey from brine and dry. Coat with olive oil. Place in smoker.

ORANGE-GRAPEFRUIT JELLY

Ole Miss Alumni

(Made From Frozen Concentrated Juice)

- | | |
|------------------------------------|--|
| 3 $\frac{1}{4}$ c. sugar | 1 (6 oz.) can ($\frac{3}{4}$ c.) frozen |
| 1 c. water | concentrated |
| 3 Tbsp. lemon juice | orange-grapefruit juice |
| $\frac{1}{2}$ bottle liquid pectin | |

Stir sugar into water. Place on high heat and stirring constantly, bring quickly to a full rolling boil that cannot be stirred down. Add lemon juice. Boil hard for 1 minute. Remove from heat. Stir in pectin. Add thawed concentrated orange-grapefruit juice and mix well. Pour immediately into hot containers. Seal and process 5 minutes in a boiling water. Remove jars; cool and store. Yield: 5 (6-ounce) glasses.

CLEAR HOT PEPPER JELLY

Ole Miss Alumni

(With Powdered Pectin)

- | | |
|--|---|
| 1 c. ground bell pepper
(including juice) | $\frac{3}{4}$ c. cider vinegar (5% acidity) |
| 2 Tbsp. coarsely chopped
jalapeño peppers, ground | $\frac{1}{2}$ c. water |
| | pinch of salt |

Wash and remove seeds from fresh peppers or use frozen ones. Grind or process with steel blade in food processor. Add vinegar, water and salt and boil about 5 minutes. Cool and strain, pressing out all the juice. Measure liquid, adding water to make 2 cups total.

For Jelly Use:

- | | |
|------------------------------|--------------------------|
| 2 c. pepper liquid | 2 $\frac{1}{2}$ c. sugar |
| 2 Tbsp. strained lemon juice | 2 to 3 drops green food |
| 1 box powdered pectin | coloring |

In a medium saucepan (about 4-quart size), add pepper juice, lemon juice, powdered pectin and food coloring. Mix well. Bring quickly to a hard boil, stirring occasionally. At once, add sugar, stirring well. Bring quickly to a full rolling boil (that foams near the top and cannot be stirred down). Boil 1 minute, stirring constantly. Remove from heat; skim off foam with a metal spoon. Pour at once into sterilized half-pint canning jars, leaving $\frac{1}{8}$ -inch headspace. Wipe sealing edge with a damp cloth. Seal and process 5 minutes in boiling water. Remove jars; cool and store. Yield: 2 to 3 half-pint jars.

JALAPEÑO PEPPER JELLY

Barbara Jordan Johnson

1 large green pepper, cut into quarters
2 fresh jalapeño peppers, seeds and ribs removed
6 $\frac{1}{2}$ c. sugar

1 $\frac{1}{2}$ c. cider vinegar
 $\frac{1}{2}$ (6 oz.) pkg. liquid fruit pectin
6 drops green food coloring (optional)

Finely chop peppers using knife or food processor. In 4 $\frac{1}{2}$ -quart Dutch oven, combine peppers, sugar and vinegar. Bring to a boil; reduce heat, cover and simmer, stirring often, about 15 minutes or until pepper mixture turns transparent. Stir in pectin. Add food coloring. Return to full rolling boil; boil, uncovered, 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon. Pour at once into hot sterilized half-pint jars. Seal, using metal lids or paraffin. Serve with cream cheese and assorted crisp crackers.

WINE JELLY

Martha Wayles Jefferson
First Lady

4 calves feet
4 oz. sugar
cloves
nutmeg

6 egg whites
juice of 6 lemons
1 pt. milk
1 pt. Madeira

Take calves feet and wash them well without taking off the hooves (or instead of that 1 ounce isinglass or 1 ounce of deers horns). These feet must be well boiled the day before they are wanted. Let them cool in order to take off the grease. After taking off the grease, put the jelly in a casserole. Put there the sugar, cloves and nutmeg. Boil all together. Take the egg whites, juice of lemons, milk and Madeira and stir all together. Pour it into the jelly and boil it. Taste it to see if sweet enough; if not, add powdered sugar. Strain it 2 or 3 times through flannel until clear. Put it in glasses or moulds.

2 envelopes unflavored gelatin
 ½ c. cold water
 2 c. strained fruit juice (grape, cranberry or raspberry)
 ¾ to 1 c. sugar

pinch of salt
 1 pt. wine (Madeira, red Burgundy or sherry)
 strained juice of 3 lemons
 fresh fruit (for garnish)

Dissolve 2 envelopes of gelatin in ½ cup of cold water. Add this to the fruit juice which has been brought to a boil. Add sugar to taste and a pinch of salt. Let cool. Next, add the pint of wine and lemon juice. Pour into mold that has been chilled. Set into the refrigerator for at least 2 hours. Unmold and serve cold. Decorate with fresh fruits that have been rolled in powdered sugar.



OLD FASHIONED CHICKEN AND DUMPLINGS

Lillie Birdie Guyton
 BJJ's Grandmother

5 lb. stewing chicken
 1 c. chopped celery

1 c. chopped onion
 1 tsp. salt

Dumplings:

1 c. flour (plain flour)
 ½ tsp. salt
 ½ tsp. baking powder

1 tsp. fat (skimmed from chicken broth)
 ¼ c. milk (more or less)

Cut up chicken as for frying and cover with water in Dutch oven. Add salt, chopped celery and onion. If broth

cooks down, add enough water to cover chicken. Simmer about 3 hours or until chicken is tender. Sift together flour, baking powder and salt. Add chicken fat and just enough milk to make a very stiff dough. Form walnut-sized balls and drop into pot of chicken. Boil rapidly 10 minutes, taking care not to lift pot cover so dumplings will be light and fluffy. Serve at once. Serves 8.

HOMEMADE MARSHMALLOW CREME

Barbara Jordan Johnson

2 c. sugar
1 c. water
2 c. Karo syrup

1 c. pasteurized egg whites
("Just Whites")
½ c. Karo syrup

Cook sugar, water and Karo syrup to 240°. In large bowl, beat egg whites and ½ cup Karo until mixed. Beat by hand until light and fluffy. Slowly add hot syrup while beating. When all is mixed, beat hard for 3 minutes.

HOMEMADE SUMMER SAUSAGE

Lottie L. Garner

6 lb. ground beef
¼ Tbsp. Quick salt (curing salt)
3 tsp. mustard seed

3 tsp. garlic salt
2 tsp. coarsely ground black pepper

Mix ground beef, salt, mustard seed, garlic salt and pepper. Refrigerate for 3 days, mixing each day. On the fourth day, divide into 4 rolls and wrap each in cheese-cloth. Bake in 175° oven for 8 hours. Wrap in foil and freeze. Serve at room temperature.



CORNED BEEF

Mrs. Capt. John K. Guyton, 1875
BBJ's Great-Grandmother

Have a quarter of beef cut into proper size and shape for nice roasting pieces. Put it in a barrel of weak brine and let it remain for 4 days. Remove. Then make a brine that will bear an egg to which add $\frac{1}{2}$ pound saltpetre plus 3 pounds brown sugar. Transfer the beef into this barrel and let it remain a week. Wash a rock clean and place on the beef to weight it down to ensure its being held under the brine. Beef thus prepared in January will keep through the month of March, improving with the lapse of time. It is best served cold.

FRIED DILL PICKLES

Lottie L. Garner

3 to 4 large dill pickles (whole)
 $\frac{1}{2}$ c. all-purpose flour
 $\frac{1}{4}$ c. beer
1 Tbsp. cayenne
1 Tbsp. paprika

1 Tbsp. black pepper
1 tsp. salt
2 tsp. garlic salt
3 dashes hot pepper sauce
vegetable oil (for frying)

Cut dill pickles into slices of $\frac{1}{4}$ -inch thickness. Combine flour, beer, cayenne, paprika, pepper, salt, garlic salt and hot pepper sauce in a medium mixing bowl. Dip pickle slices into batter. Heat oil to 375° in a large deep saucepan. Fry pickles until they float to the surface, about 4 minutes. Makes 4 to 6 servings.

CHRISTMAS BREW

Eugenia Tanner

(Recipe for Holiday Fragrance)

1 Tbsp. pickle spice (remove pepper)
2 tsp. lemon and orange peel
a couple of cinnamon sticks
pinch of cinnamon oil

1 Tbsp. whole cloves
1 Tbsp. ginger
1 bay leaf
1 Tbsp. allspice
 $\frac{1}{4}$ c. boiling water

Put ingredients in a crock-pot. Your house will smell just wonderful. If the scent starts to leave, add just a bit more cinnamon oil. This mixture will last for days. As the water evaporates, add more. May also be kept in a jar in the refrigerator when not in use.

JUST-FOR-TWO LASAGNA

Ferris Andrews

(Microwave)

1 (15 oz.) can
Franco-American beef
RavioliOs in meat sauce

1 egg
½ c. Ricotta cheese

1 Tbsp. chopped fresh parsley
½ c. shredded Mozzarella
cheese (2 oz.)

2 Tbsp. grated Parmesan
cheese

Divide RavioliOs between 2 (12-ounce) microwave-safe casseroles. In small bowl, beat egg. Stir in Ricotta and parsley. Spoon over RavioliOs. Sprinkle with Mozzarella and Parmesan. Microwave, uncovered, at 50% power 10 minutes or until heated through, rearranging dishes once during cooking. Let stand, uncovered, 5 minutes. Makes 2 servings.

MICROWAVE MACARONI AND CHEESE

Sam Andrews

1 (11 oz.) can Campbell's
condensed Cheddar cheese
soup/sauce

¾ c. milk

2 c. shredded Cheddar
cheese (8 oz.)

½ tsp. prepared mustard
dash of pepper

3 c. cooked elbow macaroni
(1 ½ c. uncooked)

In 2-quart microwave-safe casserole, stir soup until smooth. Gradually stir in milk until blended. Stir in cheese, mustard and pepper. Stir in macaroni. Cover with lid; microwave on HIGH 10 minutes or until hot and bubbling, stirring twice during cooking. Let stand, covered, 5 minutes. Makes 5 cups or 5 servings.



BASIC MICROWAVE MEAT LOAF

Brooke Ferris

Anne Andrews' Brother

1 lb. ground chuck

1 egg

2 Tbsp. quick-cooking oats

1 can tomato sauce (8 oz.)

¼ tsp. dried thyme

¼ tsp. dried marjoram

½ tsp. celery salt

1 Tbsp. brown sugar

1 tsp. Worcestershire sauce

1 tsp. prepared mustard

In a medium bowl, thoroughly combine meat, eggs, oats, onion, half the tomato sauce, thyme, marjoram and celery salt. Shape into a loaf to fit a 9 x 5 loaf pan. Shape the loaf so meat does not touch sides of the dish. Cover with waxed paper. Microwave at full for 5 minutes. Pour off juices. Stir brown sugar, Worcestershire sauce and mustard into remaining tomato sauce. Spoon tomato glaze over the loaf, coating the entire top and sides. Give the dish a half turn. Cover with waxed paper. Microwave at 30% for 17 to 20 minutes or until a microwave meat thermometer inserted in the center of the loaf registers 170°. Cover with foil and let stand 5 minutes. Temperatures will rise about 10° during stand time.



HAM-SAUCED SWEET POTATOES - MICROWAVE

Kevin Baker

3 sweet potatoes (about 8 oz. each)

1 (10 ¾ oz.) can Campbell's condensed golden mushroom soup

1 c. cooked ham, cut into thin strips

½ tsp. grated orange peel

⅓ c. orange juice

¼ c. margarine

Pierce potatoes with fork in several places. Arrange in circular pattern on microwave-safe plate. Microwave, uncovered, on HIGH 8 minutes or until tender, rearranging potatoes once during cooking. Let stand, uncovered, while preparing sauce. In medium microwave-safe bowl, combine remaining ingredients. Cover with vented plastic wrap; microwave on HIGH 4 minutes or until hot, stirring

once during cooking. Split potatoes; spoon sauce over each. Makes 3 servings.



PICADILLO-STUFFED PEPPERS - MICROWAVE

Lynn Walker

- | | |
|--|--|
| 4 medium green or sweet red peppers | 1/8 tsp. ground cloves |
| 1 Tbsp. water | 1 (11 oz.) can Campbell's condensed zesty tomato soup/sauce |
| 1 lb. lean ground beef | 1 small apple, chopped |
| 1/2 c. chopped onion | 1/4 c. raisins |
| 1 clove garlic, minced | 1/4 c. toasted sliced almonds |
| 1/2 tsp. ground cinnamon | 1 Tbsp. vinegar |
| 1/2 tsp. ground cumin | |

Cut thin slice from top of each pepper. Chop enough pepper tops to make $\frac{1}{3}$ cup; set aside. Remove and discard inner membranes and seeds from peppers. Place pepper shells in 2-quart microwave-safe casserole; add water. Cover with lid; microwave on HIGH 5 minutes or until tender-crisp. Drain and set aside. Crumble beef into same casserole; add onion, garlic, cinnamon, cumin, cloves and chopped pepper tops. Cover; microwave on HIGH 5 minutes or until beef is no longer pink, stirring once during cooking to break up meat. Spoon off fat. Stir in soup, apple, raisins, almonds and vinegar. Divide mixture among peppers. Arrange in 2-quart microwave-safe casserole. Cover; microwave on HIGH 5 minutes or until hot. Makes 4 servings.



SPAGHETTI SQUASH PRIMAVERA - MICROWAVE

Terri Shaw

- | | |
|---|--|
| 1 small spaghetti squash (about 2 lb.) | 1 clove garlic, minced |
| 1 Tbsp. olive or vegetable oil | 1 (10 1/2 oz.) can Campbell's chunky creamy mushroom soup |
| 1 medium sweet red pepper, cut into matchstick-thin strips | 1/3 c. grated Parmesan cheese |
| 1 medium zucchini, cut into matchstick-thin strips | |

Pierce spaghetti squash several times with fork. Place squash on microwave-safe plate. Microwave, uncovered, on HIGH 12 minutes or until fork-tender, turning over once during cooking. Let stand while preparing sauce. In 2-quart microwave-safe casserole, combine oil, red pepper, zucchini and garlic. Cover with lid; microwave on HIGH 3 minutes or until vegetables are tender, stirring once during cooking. Stir soup and cheese into vegetable mixture. Cover; microwave on HIGH 3 minutes or until hot and bubbling. Halve squash lengthwise; remove seeds. With fork, lift out spaghetti-like strands to serving platter; discard squash shells. Pour sauce over squash. Serve with additional Parmesan cheese. Makes 4 servings.

TURKEY AND STUFFING CASSEROLE - MICROWAVE

Lynn Walker

- | | |
|---|---|
| $\frac{1}{4}$ c. butter or margarine, cut up | 2 c. cubed cooked turkey or chicken (about 12 oz.) |
| 1 (7 oz.) pkg. Pepperidge Farm herb seasoned cube stuffing mix | 1 c. coarsely chopped celery |
| 1 (10 $\frac{1}{2}$ oz.) can Campbell's condensed cream of chicken soup | 1 (10 oz.) pkg. frozen chopped broccoli, cooked and drained |
| $\frac{1}{2}$ c. milk | $\frac{3}{4}$ c. shredded Cheddar cheese (3 oz.) |

Place butter in large microwave-safe bowl. Cover; microwave on HIGH 40 seconds or until melted. Add stuffing mix; toss to coat evenly. Set aside. In large bowl, stir soup until smooth. Stir in milk; stir in turkey, celery and broccoli. Spread $\frac{1}{2}$ of the stuffing mixture in 12 x 8-inch microwave-safe baking dish. Spread soup mixture over stuffing. Cover with waxed paper; microwave on HIGH 10 minutes or until heated through, rotating dish once during cooking. Top with remaining stuffing mixture; sprinkle with cheese. Microwave, uncovered, on HIGH 1 minute. Let stand, uncovered, 5 minutes. Makes 4 servings.

MICROWAVE BARBECUED SPARERIBS

Andrew Johnson

3 lb. pork or lamb spareribs,
cut into serving pieces
2 tsp. chili powder

2 c. barbecue sauce
2 Tbsp. lemon juice (optional)

Place spareribs in a large, shallow heat-resistant non-metallic baking dish. Heat, uncovered, in microwave oven 7 minutes. Turn spareribs over and heat an additional 7 minutes. Drain off excess fat. Combine chili powder and barbecue sauce. Pour half of sauce over ribs. Heat, uncovered, in microwave oven 4 minutes. Turn spareribs again. Sprinkle with lemon juice if desired. Pour on remaining sauce and heat, uncovered, for 8 minutes or until fork-tender. Pork should always be cooked until well done.

HOT GERMAN POTATO SALAD

Teri Shaw

6 to 8 medium potatoes,
cooked and peeled
8 slices raw bacon, cooked
and crumbled
1/4 c. olive oil or bacon fat

1/2 c. finely chopped onion
1/4 c. wine vinegar
2 Tbsp. finely chopped green
onion
1/4 c. chopped parsley

Slice potatoes into a large, heat-resistant, non-metallic bowl. Add crumbled bacon. Place oil or bacon fat in a medium-sized, heat-resistant, non-metallic bowl. Add the 1/2 cup chopped onion and heat, uncovered, in microwave oven 5 minutes or until lightly browned. Add vinegar and cook an additional 3 minutes. Combine all ingredients with the potatoes; toss lightly. Serve hot.



ZUCCHINI MARINARA - MICROWAVE

Terri Shaw

1 lb. zucchini, cut into $\frac{1}{4}$ -inch slices (about 4 c.)

1 c. Prego Al Fresco spaghetti sauce

2 Tbsp. chopped fresh parsley

2 Tbsp. chopped fresh basil leaves or 1 tsp. dried basil leaves, crushed

1 Tbsp. lemon juice

$\frac{1}{4}$ c. grated Parmesan cheese

In 2-quart microwave-safe casserole, combine zucchini, spaghetti sauce, parsley, basil and lemon juice. Cover with lid; microwave on HIGH 8 minutes or until zucchini is nearly tender, stirring twice during cooking. Stir in Parmesan cheese. Let stand, covered, 5 minutes. Makes about 4 cups or 6 servings.



MICROWAVE CHOCOLATE PRETZEL CRUNCH

Ferris Andrews

1 (12 oz.) pkg. semi-sweet chocolate pieces

1 Tbsp. shortening

1 (5 $\frac{1}{2}$ oz.) bag Pepperidge Farm pretzel goldfish crackers

1 c. unsalted peanuts

In a large microwave-safe bowl, combine chocolate pieces and shortening. Microwave, uncovered, on HIGH 2 minutes or until melted, stirring once during cooking. Stir in pretzels and peanuts until well mixed. Drop by teaspoonfuls onto baking sheets lined with waxed paper. Refrigerate until firm; store in the refrigerator. Makes about 45 pieces.

Note: Substitute 1 package (12 ounces) butterscotch-flavored pieces for the chocolate.

GINGER'S PUNCH

Ginger Anglin

1 (12 oz.) can lemonade
concentrate
1 (12 oz.) can orange juice
concentrate

48 oz. cranberry juice
2 liter Fresca
1 fifth vodka

Pour all ingredients in a gallon container and freezer. Thaw slightly and enjoy!



ASPARAGUS PARMESAN

Holly Gray

1 Tbsp. butter
¼ c. olive oil
1 lb. fresh asparagus spears,
trimmed

¾ c. grated Parmesan cheese
salt and pepper to taste

Melt butter with olive oil in a large skillet over medium heat. Add asparagus spears and cook, stirring occasionally, for about 10 minutes or to desired firmness. Drain off excess oil and sprinkle with Parmesan cheese, salt and pepper.



CHUCK ROAST STEAKS

Barbara Dale

3 lb. boneless chuck roast (trim
fat)
1 tsp. pepper

1 tsp. garlic powder
1 tsp. onion powder

Combine pepper, garlic powder and onion powder. Sprinkle meat with mixture. Place on rack in broiler pan. Broil 5-inches from the heat 5 minutes per side. Remove from broiler; cool until it can be cut easily. Slice roast cross-wise about 1-inch thick. Place slices under broiler until lightly brown, turn and brown other side. Makes 12 servings.



BROCCOLI WITH LEMON ALMOND BUTTER

Jim Bennett

1 head fresh broccoli, cut into
florets
 $\frac{1}{4}$ c. butter, melted
2 Tbsp. lemon juice

1 tsp. lemon zest
 $\frac{1}{4}$ c. blanched slivered
almonds

Steam or boil zucchini until tender, 4 to 8 minutes. Drain. In a small saucepan, melt butter over medium-low heat. Remove from heat. Stir in lemon juice, lemon zest and almonds. Pour over broccoli and serve.



FRIED GREEN TOMATOES

Louise Honey

6 large firm green tomatoes,
cut in $\frac{1}{4}$ -inch slices
1 c. cornmeal

vegetable oil
salt and pepper

Dredge tomatoes in cornmeal. Season with salt and pepper. Heat oil. Add tomatoes and fry over medium-high heat until browned. Turn once.



BANANAS ROSANNA

Lottie L. Garner

1 pt. fresh strawberries
1 (6 oz.) can orange juice
(concentrate), thawed
(undiluted)

3 large ripe bananas, sliced
1 (8 oz.) carton fat-free Cool
Whip

Wash, hull and cut up strawberries. Combine them in blender with undiluted orange juice concentrate and blend until smooth. Alternate banana slices with strawberry-orange sauce. Top with Cool Whip. Serve chilled. Makes 8 servings.

MICROWAVE BEEF STROGANOFF

Pat Coats

(Fast)

1 lb. boneless beef sirloin steak
1 onion, chopped
2 cloves garlic, minced

10 oz. can condensed cream
of mushroom soup
½ c. sour cream
½ tsp. paprika

Freeze steak 1 hour to make slicing easier. Cut steak into very thin slices across the grain. Combine steak, onion and garlic in a 2-quart microwave-safe casserole. Cover with lid and microwave on High 5 minutes or until beef is no longer pink, stirring once during cooking. In small bowl, stir together soup, sour cream and paprika with wire whisk until smooth. Add to beef mixture; stir well. Cover casserole and microwave on 50% power for 3 to 4 minutes or until heated through, stirring once during cooking. Let stand 3 minutes before serving. Serve over noodles. Makes 4 servings.

SAUTEED BROCCOLI

Anthie Sutterfield

1 (10 oz.) pkg. frozen broccoli
1 (10 oz.) pkg. frozen whole
kernel corn

1 (4 oz.) can sliced
mushrooms, drained
½ c. margarine

Melt margarine in large skillet. Sauté broccoli, corn and mushrooms in melted margarine until crisp-tender. Serve warm. Season to taste.

BAKED CHIMICHANGAS

Anne Fulton

8 (6-inch) fat-free flour tortillas
1 ½ c. cooked and cubed
chicken

2 oz. grated low-fat cheese
¾ c. thick and chunky salsa

Mix chicken, cheese and salsa. Warm tortillas until pliable in 400° oven or 5 seconds each in microwave. Dampen one side of tortilla with water and place wet side down. Spoon on chicken mixture. Fold to hold in filling. Spray baking dish with nonstick cooking spray. Lay Chimichangas, seam side down, on baking dish. Bake for 15 minutes. Makes 4 servings.

CRANBERRY CHICKEN

Bobbye Lee Jarvis

6 (5 oz.) chicken breasts
(skinless, boneless)
1 (8 oz.) bottle fat-free
Catalina salad dressing

1 pkg. dry onion soup mix
1 (16 oz.) can whole cranberry
sauce

Combine Catalina dressing, onion soup and whole cranberry sauce. Pour over chicken breasts. Place in the refrigerator and marinate overnight or at least 2 hours. Remove from marinade, reserving marinade to brush chicken while baking. Bake, uncovered, for 45 minutes at 350°. Makes 6 servings.

ITALIAN CHICKEN

Annette Liner

6 to 8 chicken breasts
(skinless, boneless)
2 Tbsp. vegetable oil

1 c. chopped onion
1 (14 oz.) jar spaghetti sauce
with mushrooms

Brown chicken in oil. Push to one side and sauté onions until tender. Stir in spaghetti sauce and cover skillet. Simmer for 25 minutes or until chicken is tender. Serve with pasta.

FLANK STEAK

Barbara Dale

1 ½ lb. lean beef flank steak
¼ c. fat-free margarine,
melted

1 tsp. garlic powder
½ c. dry sherry

Combine sherry, margarine and garlic. Pour half mixture over beef and broil 3-inches from heat for 5 to 7 minutes. Turn; pour remaining mixture over beef and broil for 3 more minutes. Slice diagonally and serve. Makes 8 servings.



LEMON DILL FISH

Vivienne W. Coburn

1 lb. fish fillets
½ c. Miracle Whip

2 Tbsp. lemon juice
1 tsp. dill weed

Combine Miracle Whip, lemon juice and dill. Place fish in broiler pan. Brush with sauce. Broil 5 to 8 minutes; turn once and brush with sauce, continuing broiling for 5 to 8 minutes.



FISH DELIGHT

Brooke Ferris

4 fish fillets
¼ c. soy sauce

¼ c. lemon juice

Place fillets in greased casserole dish. Mix soy sauce and lemon juice. Pour over fish. Bake and then place under broiler. Serves 2 to 4. Bake: 350° for 20 minutes. Broil: 10 minutes.



CHEESY FILLETS

Erin Rose

2 lb. fish fillets
½ c. French dressing

1 ½ c. crushed cheese
crackers
2 Tbsp. margarine, melted

Cut fish into serving portions. Dip in dressing and roll in cracker crumbs. Place on greased cookie sheet and

drizzle margarine over fish. Bake at 500° for 12 minutes. Serves 4.

SLOW-ROAST CHICKEN WITH BASIL-PAPRIKA-SCENTED RUB

Marianne Christian

**3 to 5 tsp. Basil-Paprika-
Scented Spice Rub**

**3 ½ to 4 lb. chicken, cut into 4
pieces**

**1 medium onion, sliced ½-inch
thick**

**1 medium carrot, cut into 4
pieces**

1 stalk celery, cut into 4 pieces

**4 large cloves garlic, crushed
and coarsely chopped**

¼ c. extra virgin olive oil

kosher salt

2 c. dry white wine

Basil-Paprika-Scented Spice Rub:

½ c. sweet paprika

¼ c. ground cumin

¼ c. ground coriander

¼ c. dry basil

**1 to 2 Tbsp. ground ancho or
aleppo chili**

**1 generous tsp. allspice and
black pepper**

1 ½ tsp. ground cinnamon

Preheat oven to 400°. Rub all sides of chicken pieces with spices. Spread sliced vegetables in a large shallow baking pan or dish (they will be the "rack" the chicken roasts on). Top them with chicken pieces. Scatter with garlic and olive oil. Sprinkle with about 1 teaspoon kosher salt. Roast 15 minutes. Pour in wine and turn heat to 325°. Roast another 60 minutes or until thigh reaches about 170° on an instant-read thermometer. Baste chicken frequently with pan juices, turning pieces to brown evenly. If after an hour the chicken isn't browning, flip on the broiler. Broil chicken 3 minutes per side or until brown and crisp. Rest chicken 5 to 10 minutes at room temperature. Serve with the pan vegetables on a bed of whole wheat couscous or crushed potatoes with a side of sautéed chard. Serves 4.

TUTTI-FRUTTI SHERBET

Eugenia Tanner

- | | |
|--------------------------------------|-------------------------------------|
| 2 ½ c. sugar | 1 small bottle cherries,
chopped |
| 6 lemons | 1 pkg. Knox gelatine |
| 2 large very ripe bananas,
mashed | 2 egg whites, beaten stiff |
| 1 small can crushed pineapple | 1 qt. whole milk |
| | ½ pt. XX cream |

Combine sugar, lemon juice and fruits together. Add gelatine dissolved in ¼ cup water. Add milk and cream. Fold in egg whites and finish filling freezer can with milk.

SPINACH CAKES WITH WALNUT SAUCE

Lana Marler

Spinach Cake:

- | | |
|--|-----------------------------|
| 1 ½ lb. fresh spinach | 1 tsp. crushed garlic |
| 16 oz. cream cheese, softened | 1 tsp. cracked black pepper |
| 1 ½ c. Mozzarella cheese,
grated | ½ c. fresh basil |
| 1 ½ c. Parmesan cheese, finely
grated | 1 c. cornmeal (for dusting) |
| | olive oil (for cooking) |
| | Walnut Sauce |

Steam spinach until wilted. When cool, squeeze out all water and chop. With a mixer, combine cream cheese, Mozzarella, Parmesan, spinach, garlic, black pepper and basil. Mix on medium speed, scraping sides of bowl until well incorporated. Place cornmeal on a plate. Form mixture into ½-inch thick cakes about 3-inches in diameter. Cover each with cornmeal. Refrigerate until firm. Can be made a day ahead.

Heat oven to 350°. Add enough olive oil to an ovenproof pan, preferably cast-iron, to slightly cover bottom of pan. Heat oil on the stove top on medium-high heat until almost smoking. Place cakes in hot oil. When browned on one side, flip the cakes and place pan in oven until cakes are heated through.

To serve, pour a pool of Walnut Sauce onto a plate. Set hot cakes on top and serve immediately.

Walnut Sauce:

1 c. toasted walnuts
¼ c. fresh basil, chopped
salt and pepper to taste

1 Tbsp. lemon juice
½ to 1 c. milk

In a food processor, chop walnuts. Add basil, salt, pepper and lemon juice. With the motor running, pour enough milk through the top to make a smooth mixture.

Source: Chameleon Cafe, Lincoln City, Oregon.

OLIVE GARDEN'S CAPELLINI PRIMAVERA

Sandy Kimmelman

½ c. (1 stick) butter
1 ½ c. chopped onions
¾ c. julienne-cut carrots (⅛
x ⅛ x 1 ½-inch)
5 c. (12 oz.) broccoli florets,
cut into 1-inch pieces
3 c. (about 8 oz.) sliced
mushrooms
1 ¼ c. thinly sliced yellow
squash (cut squash in half
lengthwise before slicing)
1 tsp. minced garlic
1 ½ c. water

1 Tbsp. beef bouillon granules
or vegetable broth
¼ c. sun-dried tomatoes (oil-
packed), minced
1 ¼ c. crushed tomatoes in
puree
1 Tbsp. finely chopped fresh
parsley
¼ tsp. dried oregano
¼ tsp. dried rosemary
⅛ tsp. crushed red pepper
flakes
1 lb. fresh angel hair pasta
½ c. grated Parmesan cheese

Melt butter in Dutch oven over medium heat. Saute onions, carrots and broccoli in butter 5 minutes. Add mushrooms, squash and garlic. Saute 2 minutes. Add all remaining ingredients except pasta and cheese. Stir well. Bring to simmer, then cook 8 to 10 minutes or until vegetables are tender and flavors are well blended. Serve over cooked angel hair pasta.

IHOP BUTTERMILK PANCAKES

George Sawyer

1 $\frac{1}{4}$ c. flour
1 $\frac{1}{2}$ tsp. baking powder
2 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. baking soda

$\frac{1}{8}$ c. vegetable oil
1 egg, slightly beaten
1 $\frac{1}{2}$ c. buttermilk ($\frac{1}{8}$ to $\frac{1}{4}$ c.
more if needed to keep
batter thinner)

Place first 5 ingredients into a bowl. Add buttermilk, oil and egg. With a spoon, mix all ingredients and beat until smooth. Heat a frying pan or a griddle. Fry pancakes on medium-low heat. To a hot pan or griddle, pour a little oil or spray with a nonstick vegetable oil. Pour batter to a desired size. Let batter start to show small bubbles on top before you turn pancake over to finish cooking. Turning pancakes is made much easier if you spray your pancake turner with a nonstick spray. The turner does not stick to the uncooked dough of pancake when you are turning them. If batter seems to be too thick, add a little more buttermilk and mix well. This recipe makes about 9 (4 to 5-inch) pancakes. Serve warm with your favorite syrup.

CHARDONNAY MUSHROOMS LIKE APPLEBEE'S®

Linda Scott

$\frac{1}{2}$ c. butter
 $\frac{1}{4}$ tsp. granulated or powdered
garlic
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. black pepper

1 lb. fresh mushrooms,
quartered
 $\frac{1}{4}$ c. Chardonnay
2 Tbsp. dried parsley flakes

Melt butter in saucepan over low heat. Add mushrooms and stir in garlic, salt and pepper. Cook over medium heat, stirring often, for 4 minutes, or until soft. Turn off heat and immediately pour Chardonnay onto mushrooms. Add parsley and toss.

SPINACH MADELINE

Wini Rowan

2 (10 oz.) pkg. frozen chopped spinach
4 Tbsp. butter
2 Tbsp. all-purpose flour
2 Tbsp. chopped onion
 $\frac{1}{2}$ c. evaporated milk
 $\frac{1}{2}$ c. reserved vegetable liquid
 $\frac{1}{2}$ tsp. black pepper

$\frac{3}{4}$ tsp. celery salt
 $\frac{3}{4}$ tsp. garlic salt
salt to taste
1 tsp. Worcestershire sauce
1 (6 oz.) roll jalapeño cheese, cut in small pieces
buttered bread crumbs (optional)

Cook spinach according to package directions. Drain well and reserve $\frac{1}{2}$ cup liquid. Melt butter in saucepan over low heat. Add flour, stirring until blended and smooth, but not brown. Add onion and cook until soft, but not brown. Add milk and reserved liquid slowly, stirring constantly to avoid lumps. Cook until smooth and thick; continue stirring. Add seasonings and cheese and stir until melted. Combine with cooked spinach. Serve immediately or put into a casserole dish and top with buttered crumbs. The flavor is improved if the latter is done and kept in the refrigerator overnight. Bake at 350° for 20 to 30 minutes or until heated through. Makes 6 to 8 servings.

MUDD PIE

Ferris Andrews (2007)

dirt
water

rock (flat)
sunshine

Mix dirt and water in a bucket until all the dirt is wet. Get Uncle Brooke to help you make it into balls. Then put the balls on a rock and flatten them with your hands until you make all your pies. Put them in the sunshine until dry. Then play like you are having a party.

In memory of my Uncle Brooke.